

PRACTICAL RECIPES



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RECIPE BOOK



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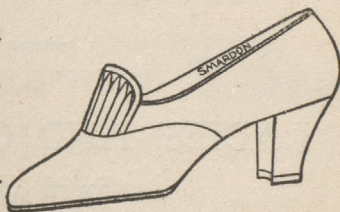
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Bread, Biscuits and Muffins

BROWN BREAD

- | | |
|--------------------------------------|--------------------------|
| 1½ cups St. Lawrence
brown sugar. | 2 cups Graham flour. |
| 1 egg. | 2 teaspoons baking soda. |
| 2 cups milk. | Salt. |

BROWN BREAD

- | | |
|------------------------------------|--------------------------------------|
| 3 cups Graham flour. | 1 good teaspoon soda in ¼ |
| 1 teaspoon salt. | cup molasses. |
| ½ cup St. Lawrence brown
sugar. | 2 cups sour milk or butter-
milk. |
| Bake in a slow oven. | |

DATE LOAF

- | | |
|--|---|
| 1 cup brown St. Lawrence
sugar. | 3 cups Graham flour with
little baking powder. |
| 2 cups buttermilk with ½
teaspoon soda. | 1 pound dates (chopped). |
| Bake in a slow oven. | |

BRAN BREAD

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|------------------------|---------------------------|
| 1 cup white flour. | ½ cup St. Lawrence sugar. |
| 2 cups Graham flour. | 2 cups sour milk. |
| 1 cup bran. | 2 teaspoons soda. |
| ½ cup molasses. | ½ teaspoon salt. |
| Bake slowly two hours. | |

WALNUT BREAD

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|----------------------------|------------------------------------|
| 4 cups flour. | 1 cup chopped walnuts. |
| 1 teaspoon salt. | 1 small cup St. Lawrence
sugar. |
| 4 teaspoons baking powder. | |
| 2 cups milk. | |

Put in buttered bread tin, let rise for 20 minutes, and
bake in moderate oven.

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For delicious desserts always use "EDWARDSBURG CROWN BRAND CORN SYRUP". It is easily digested.

NUT LOAF

$\frac{3}{4}$ cup hot water, poured over $\frac{1}{2}$ cup St. Lawrence brown sugar.	1 cup white flour.
Add $\frac{1}{2}$ cup molasses.	$2\frac{1}{2}$ teaspoons baking powder.
$\frac{3}{4}$ cup milk.	$1\frac{1}{3}$ teaspoons salt.
2 cups Graham flour.	$\frac{3}{4}$ teaspoon soda.
Bake $1\frac{1}{2}$ hours.	$\frac{3}{4}$ cup chopped walnuts.

NUT BREAD

4 cups flour.	1 egg.
4 teaspoons baking powder.	1 teaspoon salt.
1 cup chopped nuts.	$\frac{1}{2}$ cup St. Lawrence sugar.
	$1\frac{1}{2}$ cups milk.

Mix dry ingredients first. Add egg and milk. Let stand 20 minutes. Bake 30 or 40 minutes.

ORANGE LOAF

2 heaping cups flour.	1 cup St. Lawrence sugar.
4 level teaspoons baking powder.	1 cup minced orange peel.
Salt.	1 egg.
	1 cup milk.

Stiff batter. Bake about 45 minutes in moderate oven. Slice thin and butter for afternoon tea.

DATE BREAD

4 cups flour.	1 cup dates (chopped)
1 cup St. Lawrence granulated sugar.	2 eggs.
4 heaping teaspoons baking powder.	1 cup milk.
	$\frac{1}{2}$ cup water.

Beat well, put in tins, let stand to rise 20 or 30 minutes. Bake in a slow oven. Empty 1 lb. baking powder tins make a nice, dainty loaf.

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DELICIOUS QUICK TEA ROLLS

1 yeast cake.	3 cups flour.
$\frac{1}{2}$ cup scalded milk.	2 tablespoons lard.
$\frac{1}{2}$ cup tepid water.	$\frac{1}{2}$ teaspoon salt.
1 tablespoon St. Lawrence sugar.	

Add shortening to milk and cool till lukewarm. Dissolve yeast and St. Lawrence sugar in water. Combine mixtures, and beat in half the flour till very smooth. Add balance of flour with salt and knead thoroughly. Roll $\frac{1}{4}$ -inch thick, brush lightly with melted butter, cut with 3-inch biscuit cutter, crease and fold over. Let rise in warm place for about 2 hours, and bake 15 minutes in moderate oven.

HOT POTATO CAKES

1 lb. mashed potatoes	3 tablespoons fat.
$\frac{1}{4}$ cup fine oatmeal.	1 teaspoon salt.
(cold).	1 teaspoon baking powder.
$\frac{1}{4}$ cup barley flour.	Water, if needed.

POTATO SPLIT BUNS

Bake 2 large potatoes. While hot, mash through vegetable strainer into a stone bread jar. Into the hot potatoes stir a teacup of lard and butter mixed, salt, and 2 well-beaten eggs. To this add 1 teacup milk, in which has been dissolved $\frac{1}{2}$ cake yeast and a tablespoon of sugar. Stir in a quart of sifted flour.

Mix this at 9 a.m., cover, and leave in the kitchen. At 12 o'clock add to the dough 1 pint sifted flour and set away for a second raising. At 5 p.m., turn out the dough on biscuit board with *just enough* flour to enable to handle.

Roll out and cut with biscuit cutter, placing them in bake pans, placing pans one on top of the other. Throw a towel over them and let rise 2 hours, baking in quick oven for 7 o'clock tea.

A lot of trouble you will say, but they are worth it. Try them.

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TEA ROLLS

1 pint scalded milk.
 $\frac{1}{2}$ yeast cake.

A pinch salt.

Flour to make soft batter.

Let rise overnight. In the morning beat the whites of 2 eggs stiff and add to the batter, also a tablespoon of St. Lawrence sugar and small piece of butter. Add enough flour to form into dough and knead thoroughly. Let rise again, and, when light, roll out and cut with round cutter; butter lightly and fold over. Let rise and, when quite light, bake about 20 minutes.

TEA BUNS

4 cups flour.
1 cake yeast.
1 egg.
 $1\frac{1}{4}$ cups milk.

2 tablespoons butter.
2 tablespoons St. Lawrence
sugar.
1 teaspoon salt.

Break yeast, add St. Lawrence sugar, and dissolve in a little warm water. Scald milk and add butter. When cool, add yeast and two cups flour, beating well. Beat egg with salt and add to mixture, beating very well, then add the other two cups flour. Butter bowl and let rise 3 hours. Roll on board and cut with cake cutter, let rise till light and bake.

CHELSEA BUNS

2 cups flour.
 $\frac{3}{4}$ cup milk.
2 tablespoons lard or butter.

4 teaspoons baking powder.
1 teaspoon salt.

Roll out thin and butter, then sprinkle with St. Lawrence white sugar, roll up and cut in slices.

TEA BUNS

3 cups Brodie's self-raising
flour.
 $\frac{1}{4}$ lb. lard.

2 pinches salt.
 $\frac{1}{2}$ teaspoon cream of tartar.

Sift all together and mix with sour milk to dough. Bake in very hot oven.

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OATMEAL GEMS

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|--------------------------------|----------------------------|
| $\frac{2}{3}$ cup rolled oats. | 3 tablespoons St. Lawrence |
| 1 cup milk. | granulated sugar. |
| 1 egg. | 2 tablespoons butter. |
| $1\frac{1}{2}$ cups flour. | 4 teaspoons baking powder. |

Put milk on to heat, and, when at boiling point, pour over rolled oats and let stand 5 minutes.

GRAHAM GEMS (Sour Milk)

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|------------------------------|---|
| 1 teacup sour milk. | 2 tablespoons St. Lawrence |
| 1 egg. | granulated sugar. |
| $\frac{1}{2}$ teaspoon soda. | $1\frac{1}{2}$ taebpoons melted butter. |
| Salt. | Graham flour to thicken. |

GRAHAM CAKE OR GEMS

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| $\frac{1}{2}$ cup St. Lawrence sugar. | 1 cup sour milk. |
| $\frac{1}{2}$ cup butter. | 1 teaspoon soda. |
| 2 eggs. | Graham flour to thicken. |
| $\frac{1}{2}$ cup molasses. | |

Blend St. Lawrence sugar and butter, add beaten eggs and molasses. Beat soda well into sour milk. Add to mixture—then add flour.

MUFFINS

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|---------------------------------------|-----------------------------|
| 1 cup flour. | 1 teaspoon salt. |
| 1 cup either corn meal, | 1 egg. |
| Graham flour or bran. | 1 scant cup milk. |
| $\frac{1}{4}$ cup St. Lawrence sugar. | 2 tablespoons melted butter |
| 4 teaspoons baking powder. | or dripping. |

BRAN MUFFINS

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| 2 cups bran. | 1 egg. |
| $\frac{2}{3}$ cup flour. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup molasses. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup sweet milk. | |
| Bake 20 minutes. | |

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BRAN MUFFINS

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|---|---------------------------------------|
| 1 tablespoon butter. | $\frac{1}{2}$ teaspoon salt. |
| 1 egg, or 2 teaspoons egg powder. | 1 cup flour. |
| 1 cup sour milk with $\frac{1}{2}$ teaspoon soda. | $\frac{1}{2}$ cup St. Lawrence sugar. |
| | 1 cup bran. |
| | 1 teaspoon baking powder. |
- Corn meal may be used in place of bran.

COCOANUT MUFFINS

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| Mix together 1 egg well beaten. | 1 cup St. Lawrence sugar. |
| $\frac{1}{2}$ cup melted butter. | $\frac{1}{2}$ cup milk. |
| 1 cup flour. | 2 teaspoons baking powder. |
| 2 tablespoons cocoanut. | $\frac{1}{2}$ teaspoon salt. |
- Drop from spoon on buttered muffin pan.

MUFFINS

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|---------------------------------------|----------------------------|
| $\frac{1}{4}$ cup St. Lawrence sugar. | $\frac{3}{4}$ cup milk. |
| $\frac{1}{4}$ cup butter creamed. | 2 cups flour. |
| 1 egg well beaten. | 3 teaspoons baking powder. |
| Pinch of salt. | |
- Bake in hot oven about 15 minutes.

DATE MUFFINS

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|---------------------------------------|----------------------------------|
| $\frac{1}{4}$ cup St. Lawrence sugar. | 3 teaspoons baking powder. |
| $\frac{1}{4}$ cup butter. | $\frac{1}{4}$ teaspoon salt. |
| 1 egg. | 1 cup milk. |
| 2 cups flour. | $\frac{1}{2}$ lb. chopped dates. |

PAN CAKES

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| 1 teacup flour. | $\frac{1}{2}$ pint milk. |
| 1 egg. | 1 teaspoon St. Lawrence sugar. |
- Mix and fry in lard.

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RICE GEMS

1 cup cold boiled rice.	1 saltspoon salt.
1 cup milk	1 teaspoon Egg-o baking powder.
1 egg (beaten)	
1 cup flour.	

Bake in hot gem pans that have been well buttered. One cup cold oatmeal porridge may be used in place of rice. Serve hot.

GRAHAM POPOVERS

1 cup Graham flour.	1 cup milk.
$\frac{1}{2}$ teaspoon salt.	1 egg.
1 teaspoon Egg-o baking powder.	

Beat egg very light and add to milk. Mix flour, salt and baking powder and then add egg milk mixture and beat until light. Bake in hot buttered gem pans in hot oven. Serve hot.



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Soups

POTATO SOUP

Peel and slice thin 4 medium-sized potatoes. Cover with 1 quart boiling water. Boil till potatoes are mush. Add 1 pint milk, 1 teaspoon potato flour mixed with a little milk, 1 teaspoon salt, 1 teaspoon butter (or substitute). Pepper to taste. Bring to boil and serve.

JELLIED SOUP

Iced bouillon is very refreshing on a hot day. To a quart of the beef bouillon add a level teaspoonful of white gelatine, dissolved in a small quantity of the cold broth. Season to taste, using salt, pepper, paprika, a bit of celery salt and onion. Heat over a slow fire, but do not boil. Strain. Cover and leave standing by the ice for five or six hours. It may be served in small bowls with a slice of lemon on the top. Or parsley may be used. It is not necessary to have the soup like jelly, it should be just slightly "jellied." Half strained tomato juice and half bouillon may also be used with very good results.

SCOTCH BROTH.

3 lbs. neck of mutton.	$\frac{1}{2}$ small cabbage.
3 quarts of water.	1 small cauliflower.
6 small carrots.	A few small onions.
4 small turnips.	1 tablespoon chopped parsley.
3 pints green peas.	

Prepare the vegetables, cut turnips and carrots into dice, cut cabbage, cauliflower and onions into small pieces, boil the water, and, when boiling, add all the vegetables. Boil for two hours, then add meat and boil slowly for $1\frac{1}{2}$ hours longer. Season to taste. Add 1 tablespoonful chopped parsley a few minutes before serving.

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ALMOND SOUP

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| $\frac{2}{3}$ cup almonds. | 3 stalks celery. |
| 6 bitter almonds. | 3 tablespoons butter. |
| 4 tablespoons cold water. | 3 tablespoons flour. |
| $\frac{1}{2}$ teaspoon salt. | 2 cups scalded milk. |
| 3 cups white stock. | 1 cup cream. |
| 1 small onion. | Salt and pepper. |

Blanch, chop and pound almonds in a mortar or put through meat chopper. Add gradually water and salt; then add stock, sliced onion and sliced celery—cook one hour, and put through sieve or mash with potato masher. Melt butter, add flour and pour on gradually hot liquor—then add milk, cream and salt and pepper to taste.

CORN CHOWDER.

One can corn boiled in $\frac{1}{2}$ pint water. Add butter size of a walnut. Small teaspoon salt. Pepper to taste. Thicken with 1 teaspoon corn starch. Add 1 pint milk and serve.

PEA SOUP

This receipt is a little different from the ordinary cream soup, and will serve 4 persons. Put $\frac{1}{2}$ can peas in a saucepan, add $1\frac{1}{2}$ diced potatoes, a small onion, cut up, and 2 stalks of chopped celery with a teaspoonful of salt. Pour over $\frac{1}{2}$ to 1 cup boiling water and cook gently until vegetables are tender. Remove and press through a colander. Add 1 cup Carnation Milk diluted with 1 cup water, season to taste, and bring to the boiling point just before serving.

CREAM OF GREEN PEA SOUP

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| 2 teaspoons St. Lawrence sugar. | 1 sliced onion. |
| 1 can peas. | 1 tablespoon butter. |
| 1 pint cold water. | 2 tablespoons flour. |
| 1 pint milk. | 1 teaspoon salt. |
| | $\frac{1}{8}$ teaspoon pepper. |

Drain the peas from their liquor. Add St. Lawrence sugar and cold water, and simmer 20 minutes. Rub through a sieve. Scald milk with onion, then remove the onion. Melt butter and blend with flour, then add milk and strained peas. Cook until thickened. Then add salt and pepper. Serve with Croûtons.

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CROUTONS

Cut stale bread in $\frac{1}{3}$ -inch slices and spread with butter. Cut in $\frac{1}{3}$ -inch cubes. Put in a pan and bake till light brown in oven.

SPLIT PEA SOUP

3 cups split peas. $\frac{1}{4}$ lb. fat salt pork.
2 quarts water (or more if too thick).

Boil $\frac{1}{2}$ hour, then add 1 onion cut fine. Boil till peas are soft. Stir often to keep from burning.

VEGETABLE SOUP

$\frac{1}{3}$ cup carrot, diced.	1 quart water.
$\frac{1}{3}$ cup turnip, diced.	3 tablespoons butter.
$\frac{1}{2}$ cup celery, diced.	$\frac{1}{2}$ tablespoon finely chopped parsley.
$\frac{1}{2}$ cup cabbage, diced.	Salt and pepper.
$1\frac{1}{2}$ cup potato.	
1 onion, sliced.	

If desired, an Oxo cube can be added. Boil until vegetables are tender.

OKRA SOUP

Take $\frac{1}{2}$ dozen tender okra pods sliced crosswise, 1 onion shredded, 3 good-sized ripe tomatoes cut into small pieces; a bit of red pepper, salt, and a generous piece of butter. Boil all together until very tender; in fact, boil all to pieces, and then add a pint and a half of rich milk. Serve very hot.

NOODLES FOR SOUP

Beat one egg with one-half teaspoon salt. Add enough flour to make stiff dough. Roll out as thin as possible. Sprinkle with flour and roll dough tightly like a jelly roll. Cut across roll with sharp knife in as thin slices as possible. Shake out slices so cut, which should resemble macaroni. Drop those in boiling vegetable soup or broth. Children are especially fond of noodles.

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FISH CHOWDER

Cut up fine and put into a saucepan:—

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|---|--------------------------------------|
| $\frac{1}{2}$ lb. of any kind of uncooked white fish. | 4 potatoes (peeled and sliced thin). |
| 1 medium-sized onion (sliced). | 1 heaping teaspoon salt. |
| $\frac{1}{8}$ lb. salt pork cut in dice. | Pepper to taste. |

Cover with 1 quart boiling water and 1 pint milk. Boil till potatoes are cooked.

SALMON SOUP

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| 1 cup canned salmon. | 4 tablespoons flour. |
| 1 quart milk. | $1\frac{1}{2}$ teaspoons salt. |
| 2 tablespoons butter. | $\frac{1}{4}$ teaspoon pepper. |

Drain oil from salmon, remove skin and bones. Mash with fork. Make cream sauce of butter, flour and milk—add salmon and seasonings.

BUTTER-BEAN SOUP

Cut up small, 2 cups butter beans. Boil till tender. Add milk, teaspoon butter, salt and pepper to taste. Thicken with 1 teaspoon potato flour mixed with milk.

CREAM OF TOMATO SOUP

Boil and strain 4 ripe tomatoes. Put liquid (about 1 quart) back in saucepan and thicken with 2 heaping tablespoons flour. Add 1 tablespoon St. Lawrence sugar, 1 teaspoon salt, butter, size of a walnut; $\frac{1}{4}$ teaspoon soda. Thin with 1 pint milk. Pepper to taste.

CREAM OF PEANUT SOUP

Make desired quantity of cream sauce of butter, flour and milk, and add 3 tablespoons peanut butter. Season well.

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CREAM OF CARROT SOUP

Cook 2 cups grated carrot in enough hot water to cover.

Make a cream sauce of butter, flour and milk. Cook in a double boiler until thick. Add the carrots and liquid in which carrots cooked, and season to taste with salt and pepper. A slice of onion cooked with grated carrot gives it an additional flavour.

WHITE SAUCE

3 tablespoons butter.	2 slices onion, chopped.
3 tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ cups milk.	Few grains paprika.

Melt butter, add flour, and then milk gradually. Cook until thick, stirring continually.

DUMPLINGS

$1\frac{1}{2}$ cups flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons Egg-o bak- ing powder.	1 tablespoon (level) short- ening.

Mix above ingredients and add just enough milk to make stiff batter. Drop by spoonfuls into hot soup. Cover and cook for about fifteen minutes.

Above mixture makes dough for meat pie—dropping in spoonfuls over meat. This can also be used for dropped hot tea biscuits—dough, of course, for biscuits should be stiffer than for pie or dumplings.



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POTATO SALAD

6 cups potatoes (cooked).	Pepper.
1 small onion.	Salt.

Chop potatoes and onions fine, add salt and pepper to taste. Mix with boiled salad dressing as follows:—

BOILED SALAD DRESSING

6 tablespoons butter.	1 teaspoon mixed mustard.
6* tablespoons vinegar.	$\frac{1}{2}$ teaspoon salt.
3* eggs.	$\frac{1}{2}$ teaspoon celery salt.
6 $\frac{1}{2}$ tablespoons milk.	$\frac{1}{4}$ teaspoon pepper.

Put vinegar and butter into porcelain or granite pan and place on stove. When butter is melted, take off and cool. Beat eggs till light, add mustard, salt, celery salt, pepper and milk. Pour this into the cooled mixture in the pan and cook a few minutes. When it begins to thicken, take off at once, and stir till smooth.

POTATO SALAD

Cut 4 or 5 cold boiled potatoes into dice, 1 small onion, 1 apple and some chopped celery. Mix all together with the following:—

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SALAD DRESSING

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|------------------------------|----------------------------|
| 1 teaspoon flour. | 1 tablespoon St. Lawrence |
| $\frac{1}{2}$ teaspoon salt. | sugar. |
| 1 egg. | 1 cup milk. |
| 2 tablespoons water. | $\frac{1}{2}$ cup vinegar. |
| 1 teaspoon mustard. | Small piece butter. |

Mix flour, mustard and salt in water. Add St. Lawrence sugar, milk, egg well beaten and vinegar. Cook all together till thick and add butter. Garnish with sliced hard-boiled eggs and crushed walnuts.

SALMON SALAD

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| 1 can salmon. | 1 cup salad dressing. |
| 1 cup chopped celery. | Olives (pitted). |
| 2 eggs (hard boiled). | Lettuce leaves. |

Pour oil from the salmon, remove bones and skin. Mix slightly with a fork. Add celery and eggs, chopped fine; then the salad dressing. Garnish with olives and lettuce leaves.

BEEF SALAD

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|---------------------------|-----------------|
| $\frac{1}{2}$ doz. beets. | Celery. |
| Vinegar. | Lettuce leaves. |
| Cucumbers (chopped). | Parsley. |

Boil beets, peel while warm, cut off stem ends and scoop out centres. Cover with vinegar and let stand overnight. When required, fill beets with equal parts of cucumbers and celery, chopped fine. Place each one upon a lettuce leaf, pour over it a boiled dressing, and sprinkle with parsley cut fine.

FRUIT SALAD

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|-------------------------|---------------------------|
| Oranges. | 1 cup St. Lawrence granu- |
| Bananas. | lated sugar. |
| Pineapple. | $\frac{1}{2}$ cup water. |
| Malaga grapes. | Juice of 1 orange. |
| Or any fruit in season. | 1 egg. |

Make a syrup of St. Lawrence sugar and water. Add well-beaten egg and orange juice. Cut up fruits in quantity required. Add syrup. Top with whipped cream.

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DELICIOUS SALAD

Make a border of the white crisp lettuce leaves like rosettes, and in each put prettily-shaped pieces of skinned grape fruit and skinned orange. Then, inside that border, heap up riced cheese. Serve with a rich mayonnaise individually or in a large dish, as desired.

APPLE AND CELERY SALAD

5 or 6 apples. $\frac{1}{2}$ cup chopped walnuts.
1 head celery.

Marinate with French dressing. Garnish with tops of celery.

FRUIT SALAD

Take the canned whole sliced pineapple and on each slice put a rosette of white crisp lettuce leaves, heap each rosette with orange, and grape fruit and banana cut in dice. Serve with mayonnaise.

BANANA AND ORANGE SALAD

6 oranges. $\frac{1}{2}$ cup pineapple juice.
3 bananas. $\frac{1}{2}$ cup St. Lawrence sugar.
 $\frac{1}{2}$ lemon (juice). 1 egg (white).

Peel and cut in small pieces 4 of the oranges and the bananas. Mix the lemon juice, St. Lawrence sugar, and the beaten egg white with the juice of the 2 remaining oranges. Bring to a boil, strain, and pour over the fruit. Add the pineapple juice last. Serve cold.

APPLE, BANANA AND RAISIN SALAD

Peel, quarter and cut in dice 3 or 4 good eating apples; preferably Spy apples. Peel and cut one banana lengthwise into thirds and quarters and then cut crosswise. Mix apples and banana with one-half cupful seeded raisins. Pour over Betty Salad Dressing. Serve on a bed of lettuce.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

MAYONNAISE DRESSING

- | | |
|----------------------------------|-----------------------------|
| 1 dessertspoon mustard. | 1 teaspoon butter or table- |
| 1 tablespoon St. Lawrence | spoon oil. |
| sugar. | 2 eggs. |
| 1 tablespoon flour. | $\frac{1}{2}$ cup vinegar. |
| 1 teaspoon salt. | 1 cup hot water. |
| $\frac{1}{2}$ cup milk or cream. | |

Mix St. Lawrence sugar, mustard, flour, oil and salt together, add eggs beaten, and vinegar very slowly, then hot water and, lastly, milk. Put in double boiler and cook until it thickens.

MAYONNAISE SAUCE

- | | |
|-------------------------------------|--------------------------------|
| $\frac{1}{2}$ teaspoon mustard. | $\frac{1}{4}$ teaspoon pepper. |
| $\frac{1}{2}$ teaspoon St. Lawrence | 1 tin (small) St. Charles |
| sugar. | evaporated milk. |
| $\frac{1}{4}$ teaspoon salt. | |

Mix dry ingredients together, then add milk and a little white vinegar to thicken.

SALAD DRESSING

- | | |
|---------------------------------------|---------------------------|
| 1 teaspoon mustard mixed | 5 teaspoons St. Lawrence |
| in cold water. | granulated sugar. |
| 1 egg (whipped). | 1 large teaspoon butter. |
| $\frac{1}{4}$ cup white wine vinegar. | Salt and pepper to taste. |

Put jar in boiling water until it thickens (about 10 minutes).

NO-EGG MAYONNAISE

This is a simple, quickly-made and inexpensive salad dressing: Put into a bowl $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful paprika and $\frac{1}{2}$ teaspoonful St. Lawrence sugar, add 2 full tablespoonfuls Carnation Milk and mix thoroughly. Add very slowly $\frac{1}{2}$ cup cooking oil, stirring constantly, then 1 tablespoonful of vinegar or lemon juice. If too thick, thin with more Carnation Milk.

GOODYEAR TIRES & TUBES—GASOLINE, OILS & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

When you want the best always use
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SALAD CREAM (without Sugar)

- | | |
|---------------------------|---|
| 3 or 4 tablespoons butter | $\frac{3}{4}$ pint milk. |
| melted or olive oil. | 3 level teaspoons Keen's |
| $\frac{3}{4}$ cup flour. | mustard. |
| 1 can Betty Condensed | $1\frac{1}{2}$ cups white wine vinegar. |
| Milk. | 2 eggs beaten. |
| 1 can hot water to rinse | 2 teaspoons salt. |
| can of milk. | Pinch cayenne pepper. |

Combine butter, flour, milk, hot water and salt. Cook in double boiler, stirring constantly. Mix mustard with vinegar and add to beaten eggs, which slowly stir into first mixture. Cook until very thick. This makes about two pints salad dressing, and is thinned with milk or cream just before using.

This dressing is very nice for fruit salads, and, if used for potato or vegetable salads, a little vinegar can be added when thinning it out just before using.

NORWEGIAN SALAD

Cook separately until tender, green peas, tiny carrots and spaghetti, broken in small pieces, or sea shells (macaroni). Mix in proportion of about one-third each with mayonnaise or boiled salad dressing. Serve on a delicate lettuce leaf with a bit of seasoning, and you will have a delicious salad.

"PURITY" PLAIN MAYONNAISE

- | | |
|---------------------------|---|
| 2 whites of egg. | 6 teaspoons vinegar. |
| 1 yolk of egg. | 6 teaspoons lemon huice. |
| 1 teaspoon salt. | $1\frac{1}{2}$ cups "Purity" Olive Oil. |
| 1 teaspoon powdered | Paprika. |
| sugar. | Pepper. |
| 1 teaspoon mixed mustard. | |

Break the eggs into a bowl and add the salt, sugar, mustard, pepper and paprika and one teaspoonful of vinegar. Beat thoroughly with egg beater. Then add the olive oil alternately with the vinegar and lemon juice, a very little at a time, constantly beating. The slow mixing and thorough beating is the secret of good mayonnaise.

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For Salads and Mayonnaise dressings, always use
"MAZOLA", the Salad and Cooking Oil.

JELLIED VEGETABLE RING

Soak one tablespoon granulated gelatine in one-fourth cup cold water for few minutes and dissolve in one cup boiling water; then add one-fourth cup, each, St. Lawrence sugar and vinegar, two tablespoons lemon juice and one teaspoon salt. Strain, cool, and when beginning to stiffen, add:—

1 cup celery cut in small strips.	$\frac{1}{3}$ cup cucumber cubes.
$\frac{1}{2}$ cup cabbage, shredded.	$\frac{1}{4}$ cup cold cooked beets cut in thin slices, then in fancy shapes.
$\frac{1}{4}$ cup cold cooked green peas.	

Turn into ring mould and chill. Remove to serving dish and arrange around jelly thin slices cooked meat. Fill centre with thick salad dressing and garnish with parsley. This jelly may be moulded in individual moulds and served on a lettuce leaf.

One package Pure Gold Lemon Jelly may be used in place of plain granulated gelatine, and this is dissolved in 2 cups boiling water. Add one-fourth cup white wine vinegar and one teaspoon salt, omitting sugar and lemon juice, as these ingredients are contained in Pure Gold Lemon Jelly.

POTATO SALAD

4 cups sliced boiled potatoes.	3 tablespoons "Purity" Olive Oil
1 chopped small onion.	4 stalks celery.
$\frac{1}{2}$ cup weak vinegar.	2 hard-boiled eggs.
$2\frac{1}{2}$ teaspoons salt.	1 tablespoon minced parsley.
2 small cooked beets.	Shredded lettuce.
$\frac{1}{8}$ teaspoon pepper.	

Place the chopped onion in the bowl first and then add the salt, pepper and vinegar and let stand for ten minutes. Slice the potatoes, while still warm, and mix thoroughly. Add the other ingredients and mix thoroughly. Place on chopped lettuce and garnish with the beets and eggs chopped. Sprinkle with minced parsley.

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TUNA FISH SALAD

Tuna Fish Salad may be made in either of two ways.

First, by flaking the fish when taken from can, adding chopped celery and mixing with mild salad cream boiled dressing, and garnishing with sliced pimento olives;

Or, by making a jelly, as follows:—

1 package Pure Gold	$\frac{3}{4}$ cup boiled salad dressing.
Lemon Jelly.	$\frac{1}{2}$ teaspoon salt.
1 cup tuna fish.	$\frac{1}{2}$ teaspoon paprika.
$\frac{1}{2}$ cup chopped celery.	2 teaspoons vinegar.
$\frac{1}{2}$ green pepper finely chopped.	2 tablespoons chopped olives.

Few grains of cayenne.

Dissolve jelly in one cup boiling water, and add to hot salad dressing. Cool. Add tuna fish separated into flakes, celery, pepper (seeds removed), olives, salt, paprika, vinegar and cayenne. Turn into six individual moulds, first dipped in cold water, and chill. Remove from moulds to nests of lettuce leaves, garnish with celery tips.

"PURITY" FRENCH DRESSING

6 tablespoons "Purity"	$\frac{1}{2}$ teaspoon mustard.
Olive Oil.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ to 4 tablespoons vinegar or lemon juice (according to individual taste).	Worcestershire Sauce.
	A dash of paprika (enough to give a pink color).

Place a small lump of ice in a bowl. Pour the olive oil over the ice. Add other ingredients and beat with a silver fork until blended, thick and smooth. Serve at once.

STUFFED EGG SALAD

6 hard-boiled eggs.	"Purity" mayonnaise.
$\frac{1}{4}$ cup minced ham.	Lettuce.

Halve the egg. Remove yolk and mix thoroughly with minced ham and sufficient mayonnaise to moisten. Fill the hard whites of the eggs with this mixture and place each in nest of lettuce. Sprinkle with paprika. Sardines, anchovies, or olives may be used instead of ham.

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HEARTS OF LETTUCE SALAD

Hearts of lettuce.

"Purity" mayonnaise or
French dressing.

Wash the lettuce thoroughly and allow to stand in cold water for half an hour. Dry the lettuce and stand on ice until serving time. Apply mayonnaise or French dressing as desired. Cheese and nut saltine sandwiches served with the salad add to its attractiveness.

PEAR SALAD

12 halves of canned pears.

"Purity" mayonnaise.

1 large cream cheese.

1 tablespoon top milk.

Lettuce.

Tart jelly.

Place tart jelly in the core cavity of each half pear. Place two halves rounded side up on each leaf of lettuce. Thin the Cream Cheese with the top milk and spread over entire surface of pear. If the knife is dipped in boiling water occasionally, the spreading will be simpler. Top with mayonnaise.

MACARONI SALAD

1 package macaroni.

$\frac{1}{2}$ cup shredded cabbage.

1 head lettuce.

1 teaspoon parsley.

1 onion, grated.

1 teaspoon sugar.

$\frac{1}{2}$ cup iced celery.

1 cup "Purity" mayonnaise.

$\frac{1}{2}$ pimento.

Cook macaroni 10 minutes, drain and chill. Slice the pimento thinly and mix all ingredients with the mayonnaise. Let stand for an hour on ice. Serve in nest of lettuce and top with French Dressing.

PINEAPPLE SALAD

Sliced pineapple.

Lettuce.

Snappy or American cheese.

"Purity" mayonnaise.

Use either canned or fresh pineapple and place one slice in neat cup of lettuce. Cover with mayonnaise and sprinkle over with grated cheese. Cream Cheese rolled into balls and placed in the center of each slice of pineapple may be substituted for the grated cheese.

GOODYEAR TIRES & TUBES—GASOLINE, OIL & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE



Meats and Fish

CURED TONGUE

Peaceful silence; meditation on the good qualities of your neighbors. Rub the tongue with this mixture every day.

Spirit of praise; sympathy instead of curiosity; conversation on impersonal topics.

Make a strong solution of these, skim as long as the scum of adverse criticism arises. Pour it over the tongue daily. Examine the solution frequently and skim whenever necessary. This treatment will cure any tongue of the gossip twang.

MEATS

There are two general principles governing the cooking of meats, which are:—

1st. All roasts should be placed in a very hot oven, and some cooks prefer to sear them in a hot griddle before placing them in the oven. The outside surfaces become slightly solidified, thus retaining all the rich juices. Similarly the outside surface of steaks should be seared for same reason.

2nd. All meats for soups or stews in which all or part of the juices are required separated, should be placed in cold water, and allowed to come to a boil. This permits of the extraction of the juices, as the outside surfaces are kept soft.

ROASTED TONGUE

Soak two hours, sprinkled with salt, a fresh tongue. Boil slowly two hours. Skin, roast, and baste with butter and water. Serve with brown gravy and currant jelly or caper sauce.



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CHICKEN SOUFFLE

2 cups scalded milk.	1 cup soft bread crumbs.
4 tablespoons butter.	2 cups cold cooked chicken.
4 tablespoons flour.	3 eggs.
Salt and pepper to taste.	

Make a white sauce of milk, butter, flour, salt and pepper; add bread crumbs and cook 2 minutes. Remove from stove and add yolks of eggs. When cold, add chicken, cut in small pieces, and whites of eggs beaten stiff. Turn into a buttered dish and bake 25 minutes.

CHICKEN A LA MARENGO

1 chicken.	1 gill tomato sauce.
2 ozs. butter.	1 gill chicken stock (or
1 tablespoon flour.	water).

Cut chicken in pieces, skin, and divide the legs, divide breast in two, truss wings, liver to be added. Salt and pepper to taste. Allow butter to get hot in saucepan, fry the chicken in it, keep stirring; when nicely browned, shake over the tablespoon of flour. Add the gill of stock (or water), tomato sauce, salt and pepper. Simmer gently for 1 hour. Garnish with fried squares of bread, or soup crackers, and a few sprigs of parsley.

GIBLET PIE

Giblets.	Nutmeg.
Apples.	Cinnamon.
Currants.	Salt and pepper.
St. Lawrence brown sugar.	Flour.

Stew giblets, slice apples, clean currants. Put a layer of giblets in pie dish, sprinkle with salt and pepper. Add sliced apples and currants, dust with a little flour and spice, and cover with St. Lawrence sugar. Continue second layer, making quite sweet. Cover with pie crust and bake for $\frac{1}{2}$ hour.

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MOCK ROAST

- | | |
|-----------------------------|------------------|
| 1 lb. meat, minced (fresh). | A little milk. |
| 1 breakfast cup bread | 1 egg. |
| crumbs. | Pepper and salt. |

Mix all together, put in a roasting tin and bake for $\frac{3}{4}$ of an hour. Serve hot. Sprinkle chopped parsley over it.

VEAL LOAL

- | | |
|------------------------------|----------------------------|
| 3 lbs. veal. | 1 teaspoon salt. |
| $\frac{1}{4}$ lb. salt pork. | 1 teaspoon pepper. |
| 2 eggs. | 3 teaspoons cream. |
| 3 soda biscuits. | 3 teaspoons boiling water. |

Mince all together very fine, and place in a loaf tin. Bake in slow oven.

VEAL LOAF

- | | |
|--------------------------|---------------------|
| 3 lbs. raw veal, chopped | 3 eggs. |
| fine. | 1 teaspoon pepper. |
| 3 tablespoons cream or | 1 tablespoon salt. |
| milk. | 1 tablespoon sage. |
| 4 pounded soda crackers. | Butter size of egg. |

Mix all well together and shape in loaf. Bake two and one-half hours, basting often with butter and water.

BEEF LOAF

- | | |
|--|---------------------------|
| 2 or 3 lbs. round steak | 1 dessertspoon poultry |
| put through mincer. | dressing or sage. |
| $\frac{1}{2}$ cup rolled cracker crumbs. | 1 teaspoon pepper (unless |
| 2 tablespoons melted butter. | poultry dressing is |
| 1 dessertspoon salt. | strong of pepper). |
| 1 beaten egg. | |

Mix and shape into loaf and bake, keeping a little water in pan, and baste often.

MEAT LOAF

- | | |
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| $\frac{1}{2}$ lb. pork (minced). | $1\frac{1}{2}$ lbs. beef (minced). |
| Season with salt, pepper and savory to taste. Add:— | |
| 1 cup milk. | 1 cup cracker crumbs |
| 1 egg. | (rolled). |

Mix all well together. Shape into a loaf and bake about an hour and a half.

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SAUSAGE ROLL

- | | |
|--------------------------|----------------------------|
| 1 lb. minced beef. | 2 small teaspoons salt. |
| 1 lb. minced bacon. | 2 eggs. |
| 2 tea cups bread crumbs. | 2 teaspoons Jamaica pepper |

Mix all dry ingredients well. Add the eggs well beaten, shape into a roll on a board with flour, brush over with a little of the egg kept back previously, roll in bread crumbs. Grease a tin and bake in moderate oven one and a half hours. Can be served hot or cold. If hot, serve with bread sauce.

BEEF STEAK WITH TOMATOES

- | | |
|-------------------------------|-----------------------|
| 2 lbs. beefsteak (cut thick). | 1 small tin tomatoes. |
| 4 onions. | Pepper and salt. |

Put in covered roasting pan. Cook slowly in oven for 2 hours, or until meat is tender.

PORK OR BEEF TENDERLOIN

Cut down centre of tenderloin, fill with dressing made of bread crumbs, savory, grated onion, pepper and salt. Tie together. Roast about 20 minutes to lb.

MEAT CROQUETTES

- | | |
|------------------------|--------------------------|
| 2 cups left-over veal. | 1 cup raw or cooked ham, |
| 1 egg. | minced. |

Make in balls, roll in bread crumbs and fry quickly.

SPICED STEWED BEEF

- | | |
|------------------|----------------------|
| 2 sliced onions. | 1 tablespoon butter. |
|------------------|----------------------|

Fry until brown, then add:

- | | |
|----------------------------------|--------------------------------------|
| 12 whole cloves. | $\frac{1}{4}$ teaspoon black pepper. |
| $\frac{1}{2}$ teaspoon allspice. | 1 pint cold water. |
| $\frac{1}{2}$ teaspoon salt. | |

2 or 3 lbs. lean beef cut in small thick pieces. Cover closely and let all cook gently two or three hours, adding just before serving a little flour thickening.

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INDIAN CURRY (Recipe from India)

Remove all skin and gristle from cooked meat. Cut the meat into small, neat pieces. Cut 1 onion into rings. Peel and slice 1 apple.

Melt 2 ozs. butter in a stewpan, and fry the onion and apple until a nice, brown color. Then add $\frac{1}{2}$ pint of stock (or a spoonful of beef extract), 1 teaspoon shredded cocoanut, a little chutney, and 1 heaping dessertspoon of good Indian curry, and the same quantity of flour mixed to a smooth paste with a little cold water. Stir all together over the fire until it boils; simmer for 15 minutes. Now put in the meat and let it get gradually hot through, but do not let it boil. Serve with a border of carefully boiled Patna rice around the dish, and garnish with small tippets of toast.

BAKED SAUSAGE WITH YORKSHIRE PUDDING

Scald 1 lb. sausages, drain and place in the centre of a baking pan. Bake in a moderate oven for 15 minutes. Make a border of Yorkshire pudding and bake slowly for $\frac{3}{4}$ hour.

YORKSHIRE PUDDING

1 cup flour.	1 egg.
1 scant teaspoon baking powder.	1 cup milk.
	Pinch of salt.

YORKSHIER PUDDING AND SAUSAGE

2 cups flour.	2 well-beaten eggs.
$\frac{1}{2}$ teaspoon salt.	2 cups milk.

Stir thoroughly until mixture is smooth. Turn into a baking pan which has been well greased. Scald sausages and lay on batter. The pan should be large enough so that when mixture is baked and cut in squares there will be a sausage to each square. Bake from thirty to forty minutes in a moderately hot oven. Cut in squares and serve with baked or fried apples. For fried apples, pare core and slice in thick slices. Dip in flour and fry in hot fat.

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LITTLE PIGS IN BLANKETS

Drain oysters dry and roll each in a thin slice of bacon fastened with a wooden toothpick. Fry until bacon is crisp and brown.

FISH SHAPE

2 lbs. filleted haddock (cooked). 1 hard-boiled egg, chopped fine.

1 cup rice. 1 tablespoon butter.

Moisten with milk. Pepper, salt and a few grains cayenne. Mix all well together, put in mould and steam $\frac{3}{4}$ hour. Serve with shrimp sauce.

SALMON LOAF OR LOBSTER LOAF

1 lb. salmon (or lobster) with liquor drained off. 4 tablespoons melted butter.

$\frac{2}{3}$ cup bread crumbs. Salt and pepper to taste.
4 eggs

Mix salmon (or lobster) and butter together smoothly. Beat 4 eggs, and add to the other ingredients. Put in a buttered mould and steam an hour.

DRESSING FOR SALMON OR LOBSTER LOAF

1 cup milk. Pinch of salt.
1 scant tablespoon corn-starch. Little red pepper.
1 egg.

Let milk come to a boil. Add cornstarch wet, with a little cold water—cook a moment—then add the egg well-beaten. Cook a moment more, then add the liquor from the fish and a little butter. Pour over the loaf when ready to serve.

CAPER SAUCE

1 tablespoon flour. 2 tablespoons capers.
2 tablespoons butter. Salt and pepper to taste.
1 hard-boiled egg.

Mix well and add one cup boiling water or milk and cook until it thickens. Chop fine hard-boiled egg. Add to sauce with capers. To be served with boiled tongue or mutton.

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MINT SAUCE FOR ROAST LAMB

- | | |
|-------------------------------------|---------------------------------|
| 3 tablespoons freshly | 1 tablespoon olive oil. |
| chopped mint. | $\frac{1}{2}$ cup good vinegar. |
| 2 dessertspoons St. Lawrence sugar. | $\frac{1}{4}$ teaspoon salt. |

Drop oil on mint, St. Lawrence sugar and salt, then add vinegar. If too strong, a tablespoon water may be added. Let stand half hour before using.

MINT JELLY TO SERVE WITH COLD LAMB

- | | |
|---------------------------------------|------------------------------|
| $\frac{1}{2}$ envelope Knox Gelatine. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup cold water. | 1 cup finely chopped mint |
| 1 cup St. Lawrence sugar. | leaves. |
| 1 cup white wine vinegar. | Few grains paprika. |

Soak gelatine in cold water five minutes. Dissolve in syrup made by boiling St. Lawrence sugar and vinegar five minutes. Add salt and paprika and mint leaves. Stir while cooling to scatter the mint. Mould as desired.

TARTAR SAUCE

- | | |
|---|--|
| 1 cup mayonnaise dressing. | 1 tablespoon chopped parsley. |
| 1 tablespoon chopped pickles (or olives). | $\frac{1}{2}$ teaspoon onion juice or chopped onion. |
| 1 tablespoon capers. | |

Mix the pickles, parsley and onion juice carefully with mayonnaise dressing just before serving.

TARTAR SAUCE

- | | |
|------------------------------|--|
| 2 tablespoons butter. | 2 tablespoons boiled salad dressing. |
| 2 tablespoons flour. | 1 tablespoon chopped cucumber pickles. |
| 1 cup milk. | |
| $\frac{1}{4}$ teaspoon salt. | |

Melt butter, add flour and then milk, stirring constantly. When thick, add salad dressing, salt and chopped pickles.

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Luncheon and Supper Dishes

A FLAPJACK

"Take almost any self-assured lover, brown him over the fire of uncertainty, first on one side of his nature, then give him a sudden turn and brown him on the other.

"If you are pleased with the result and desire to incorporate him into your life, remove him to a place of safety before his interest has a chance to scorch; butter him with kindness and sweeten him well."

*"In the uncertain and freakish
ways of love, let us be thankful for any turn
which brings about a
happy crisis."*

BOSTON BAKED BEANS

1 quart beans.	1 tablespoon molasses.
$\frac{3}{4}$ lb. salt fat pork.	3 tablespoons St. Lawrence
1 cup boiling water.	sugar.
1 tablespoon salt.	

$\frac{1}{2}$ teaspoon mustard can be added to aid digestion.

Soak beans overnight, drain. Cover and boil very slowly about 20 minutes (do not allow skins to burst). Drain. Scald pork, and put in alternate layers in bean pot with beans. Pour over this the liquid and cover with boiling water. Cover bean pot and put in oven. Cook about 2 hours—some beans take longer. Uncover the last hour to allow beans to brown. Keep them covered with water as needed. If pork is very salty, use less salt.

OMELETS

For omelets select large eggs, allowing one egg for each person, and use one tablespoon liquid for each egg. Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains of baking powder are used by some cooks to hold up an omelet.

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PLAIN OMELET

4 eggs. 4 tablespoons hot water.
 $\frac{1}{2}$ teaspoon salt. 1 tablespoon butter.
Few grains pepper.

Separate yolks from whites. To yolks add salt, pepper and hot water and beat until thick. Beat whites of eggs very stiff, cutting and folding them into first mixture until they have taken up mixture. Heat and butter omelet pan. Turn in mixture; spread evenly. Cook slowly. When well puffed and delicately browned underneath, place pan in broiler oven and brown lightly on top. It is cooked if it is firm to the touch when pressed by the finger. If it sticks to finger, cook a little longer.

The above omelet may be varied by adding a little grated cheese to mixture before cooking.

CURRIED EGGS

Make a bed or mound of hot cooked rice on hot platter. Cut hard-boiled eggs in halves crosswise and place on bed of cooked rice. Pour around rice—curry sauce made as follows:—

2 tablespoons butter. $\frac{1}{2}$ teaspoon salt.
2 tablespoons flour. $\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{3}$ cup hot milk. $\frac{1}{2}$ teaspoon curry powder.

Melt butter, add flour and seasonings, and gradually hot milk. Cook until thick. Pour around rice. Garnish with parsley.

SCOTCH EGGS

1 oz. bread crumbs. A little pepper and salt.
 $\frac{1}{2}$ oz. cold meat. 1 oz. butter.
 $\frac{1}{2}$ teaspoonful parsley. 2 eggs.

Mix bread crumbs, parsley and meat (finely chopped), salt and pepper altogether; melt the butter and add it, beat up one egg on a plate and add half of it to the mixture. Hard boil the other egg, remove shell and roll it into the mixture, brush over with the remaining egg, dust with bread crumbs, fry in deep fat and serve very hot.

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WELSH RAREBIT

1 tablespoon butter.	$\frac{1}{4}$ teaspoon salt.
1 teaspoon cornstarch.	$\frac{1}{4}$ teaspoon mustard.
$\frac{1}{2}$ cup milk.	Few grains cayenne.
$\frac{1}{2}$ cup mild cheese cut in small pieces.	Toast.

Melt butter, add cornstarch and stir until well mixed, then add milk gradually, stirring constantly. Cook 2 minutes. Add cheese and stir until cheese is melted. If preferred, toast only one side of bread and pour rarebit on untoasted side.

TOMATO RAREBIT

One-half can tomatoes stewed until soft with pinch soda, one-half onion, a few cloves, salt and pepper. Just before taking from fire, thicken with one teaspoon cornstarch dissolved in water. Strain. Add. one-half pound, or less, shredded cheese. When cheese has dissolved, add two well-beaten eggs. Serve on toast.

FRIED CUCUMBERS

Slice large cucumbers. Dip in egg and crackers or bread crumbs. Season and fry in lard until brown.

MACARONI "SUNSHINE" SPECIAL

Take $\frac{3}{4}$ pound of chopped beef and fry in stewpan with $\frac{1}{4}$ pound of butter, adding chopped onion, carrot, celery, salt and pepper. When forming a glaze, add a spoonful of tomato paste dissolved in two cupfuls of water and allow all to boil slowly for about twenty minutes. Pour over the hot cooked macaroni, sprinkle with four tablespoonfuls of grated cheese and serve while hot.

The above can be used for either spaghetti, macaroni, or sea shells. In the absence of tomato paste, fresh tomatoes will serve the purpose, in which case about $1\frac{1}{2}$ pounds of tomatoes are required for each package of macaroni. These must be boiled separately and slowly for about twenty minutes and put through a strainer. The sauce is then used the same as the tomato paste dissolved in water.

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5805 SHERBROOKE STREET WEST, corner MELROSE

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MACARONI AND CHEESE WITH TOMATO

Cook one-half package "Sunshine" macaroni in rapidly boiling salted water. When tender, add one cup cold water to stop boiling; remove from fire and drain.

Butter a baking dish well. Put in a layer of macaroni, sprinkle with salt, pepper, cracker crumbs and a small sprinkling grated cheese. Continue until dish is filled within an inch or two of the top. Pour over one can of tomato soup diluted with little water. Sprinkle cheese and little bits of butter over top. Bake in moderate oven. Spaghetti, vermicelli or sea shells may be used in place of macaroni.

MACARONI AND CHEESE CUSTARD

Cook one-half package "Sunshine" macaroni in rapidly boiling salted water until tender. Add one cup cold water to stop boiling and remove from fire and drain.

Butter a baking dish well. Put in a layer of macaroni, sprinkle with salt, pepper, cracker crumbs and grated cheese. Continue until dish is filled within an inch or two of the top. If dish is too full, it will boil over in oven. Pour over one pint milk to which two well-beaten eggs have been added and sprinkle over top grated cheese. Bake in slow oven on account of being an egg mixture. Macaroni cooked this way is nice, served either cold or hot. A sprinkling of flour between the layers of macaroni and cheese may be substituted for cracker crumbs.

BAKED TOMATOES

Fill the bottom of a deep pan with large ripe tomatoes. Scoop out a hole in the centre of each and fill with bread crumbs (or cooked rice), chopped meat, a little chopped onion, salt and pepper. Put a teacup of water in the pan to prevent burning. Bake brown and serve.

EXPERT TIRE SERVICE—ALEMITING
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If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

VEGETABLES IN CASSEROLE

- | | |
|------------------------|--------------------------------|
| 5 potatoes, diced. | $\frac{1}{4}$ cup rice. |
| 1 carrot, diced. | 1 teaspoon salt. |
| 1 slice turnip, diced. | $\frac{1}{4}$ teaspoon pepper. |
| 1 onion, diced. | 1 Oxo cube. |
| 1 cup canned tomatoes. | 2 tablespoons butter. |
| 1 cup canned peas | |

A little shredded cabbage may also be added. Wash rice and add to vegetables. Cook in casserole in slow oven three hours. Oxo cube may be omitted.

CORN PUDDING

This pudding is served as a vegetable. The recipe is for 5 portions. Mix together well a can of corn, chopped if grains are large, and 1 cup Carnation Milk. Sift together 4 tablespoonfuls flour, 2 teaspoonfuls baking powder, $\frac{1}{4}$ teaspoonful salt, and $\frac{1}{8}$ teaspoonful pepper, and add to corn mixture. Beat the yolks of 2 eggs and add, then fold in the stiffly beaten whites. Put at once into a buttered baking dish and bake 30 to 45 minutes in a medium oven.

POTATO PUFF

- | | |
|---------------------------|------------------------|
| 2 cups mashed potatoes. | 3 tablespoons cream or |
| 2 eggs. | milk. |
| Salt and pepper to taste. | 1 tablespoon butter. |

Put potatoes into a saucepan and add the yolks, cream and seasoning, stirring constantly over the fire until the potatoes are very light and hot.

Take from the fire and stir in carefully the well-beaten whites of the eggs. Put the potatoes carefully in a greased baking dish or small gem pans. Bake in a quick oven until brown.

POTATO TURNOVERS

Mix about a pint of hot-mashed potatoes with one beaten egg and season to taste. Make into balls and press or roll them out thin, about size saucer. Put a tablespoon of meat minced and seasoned (or cold vegetables) on one-half; fold over and press the edges together and brown each side in butter.

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BAKED POTATO APPLES

1½ cups mashed or riced potatoes.
1 egg yolk.
2 tablespoons butter.
½ teaspoon salt.
Few grains pepper.

Mix ingredients well, shape into forms representing apples, using one heaping tablespoon mixture to each apple. Arrange on buttered sheet, brush over with yolk of egg, diluted with one-half tablespoon cold water, and insert whole cloves in both stem and blossom ends. Bake in hot oven until thoroughly heated and glazed.

GOLDEN MOUNT POTATO

2 cups mashed potatoes.
1 tablespoon grated onion.
1 tablespoon chopped parsley.
1 egg white beaten stiff.
1½ tablespoon butter.
1 tablespoons hot milk.
1 teaspoon salt.
Speck cayenne pepper.

Mix ingredients and beat well to make light. Pile in mound in centre of a granite plate. Mark with lines of a fork, making it look like a pyramid. Brush with butter or beaten egg yolk. Bake until a golden brown. Garnish with parsley or shredded lettuce.

POTATOES ON HALF-SHELL

Bake nine shaped potatoes until soft. Remove from oven and cut in halves lengthwise. Remove potatoes from skins carefully with a teaspoon. Put through ricer or mash. Add enough hot milk to make creamy. Add one teaspoon butter for each potato, salt and pepper to taste. Fill up shell with mixture, leaving mixture rough on top. Sprinkle with grated cheese. Bake in oven until golden brown.

POTATOES A LA GOLDENROD

2 cups cold boiled potatoes or small whole new potato freshly boiled.
3 or 4 hard-boiled eggs.
1½ cups white sauce.

Cut cold boiled potatoes in cubes. Separate yolks from whites of hard-boiled eggs. Cut whites fine and add to potatoes. Force yolks through strainer or mash with fork. Add potato cubes and chopped whites to white sauce; turn into hot serving dish and sprinkle with the mashed yolks and garnish with parsley. If new potatoes are used, serve whole.

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For Salada and Mayonnaise dressings always use
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Desserts

A Dainty Nothing—but how it sweetens us.

PEACH DUMPLINGS

"Place plenty of fresh milk on the inside of any two-year old girl or boy. Add early bedtime hours and daytime naps; sweeten with smiles and kisses, flavor with fresh air and sunshine. Nature will round into the approved dumpling shape."

MAPLE SYRUP PUDDING SAUCE

1 lb. maple sugar. 1 pint water.
Boil 5 minutes. Serve with any kind of pudding.

PUDDING SAUCE

1 tablespoon corn starch. 1 tablespoon butter.
1 tablespoon St. Lawrence Flavoring.
brown sugar.
Pour boiling water on, stir. Cook $\frac{1}{2}$ hour and serve hot.

SAUCE FOR BAKED PUDDINGS

1 pint water. Butter, size of an egg.
1 cup St. Lawrence sugar. Little nutmeg.
Boil. Mix a little corn starch in cold water, stir in enough to make as thick as cream. Take from fire and add 1 teaspoon vanilla and 1 tablespoon vinegar.

MOCK WHIPPED CREAM

Whites of 2 eggs, beaten $\frac{1}{2}$ cup cream, or milk.
stiff. Flavor to taste.
3 tablespoons St. Lawrence confectioner's
sugar.
Beat thoroughly with egg-beater and set on ice.

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HOW TO WHIP CARNATION MILK

Place one can of Carnation Milk in water and heat to boiling. Remove promptly and chill thoroughly by placing can on ice. When cool, open can and pour contents into a chilled bowl. It is best to whip only half the contents of a tall can at one time. Place bowl in a pan filled with cracked ice. The secret of quick whipping is to have the milk very cold and keep it cold. Whip in the regular way. Carnation Milk does not have to be heated first before whipping, but better results are obtained in this way. Sweeten and flavor and keep on ice until ready to serve.

DATE SOUFFLE

- | | |
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| 1 cup St. Lawrence granulated sugar. | 1 cup walnuts, broken in pieces. |
| 2 eggs—beaten. | 1 tablespoon flour. |
| 1 cup dates, stoned and halved. | 1 teaspoon baking powder. |

Bake twenty minutes in a moderate oven and serve with whipped cream.

AMHERST PUDDING

- | | |
|-----------------------------|---------------------------|
| $\frac{1}{2}$ cup suet. | 1 teaspoon soda. |
| 1 cup molasses. | 1 or 2 cups raisins. |
| 1 cup milk. | Salt and spices to taste. |
| 3 cups flour. | |
| Steam $2\frac{1}{2}$ hours. | |

MEADOW SWEET PEANUT BUTTER CUSTARD

- | | |
|----------------------------------|---------------------------|
| 2 cups St. Lawrence brown sugar. | 2 cups hot milk. |
| 1 cup water. | 2 tablespoons cornstarch. |
| | 1 egg, well beaten. |

Boil to a syrup and add:

Cook altogether 15 minutes, take from stove and add 4 tablespoons of Meadow Sweet Peanut Butter. May be served with whipped cream or made into custard pie.

With changes to suit yourself, this should prove to be a novel and popular recipe.

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CUSTARD SAUCE

2 eggs (yolks). 2 cups scalded milk.
 $\frac{1}{4}$ cup St. Lawrence granu- $\frac{1}{3}$ teaspoon salt.
lated sugar. $\frac{1}{2}$ teaspoon vanilla.

Beat eggs slightly, add St. Lawrence sugar and salt. Stir constantly while adding hot milk. Cook in double boiler, stirring constantly until coating forms on spoon. Remove immediately. Chill and flavor. If cooked a minute too long, it will curdle.

BAKED APPLES

Take sufficient number of apples, pare and core them, and fill centres with St. Lawrence sugar. Mix one tablespoon butter with two tablespoons flour and one pint boiling water. Pour over apples and bake.

JELLIED CURRANTS

1 lb. St. Lawrence sugar. 2 cups currants.
1 cup water.

Boil St. Lawrence sugar and water twenty minutes, add currants and boil five minutes.

SHREDDED WHEAT PUDDING

3 shredded wheat biscuits 1 cup St. Lawrence sugar.
1 egg. Little salt.
4 cups milk (or milk and Vanilla essence.
water).

Place shredded wheat biscuits in a pudding dish. Mix the egg, St. Lawrence sugar, milk, salt and flavoring in a bowl and pour over the biscuits. Bake in a moderate oven.

CARNATION ICE CREAM

This is a rich, delicious ice cream, and not nearly so expensive as when made with straight cream. This recipe makes about a quart and a half. Mix together $1\frac{1}{2}$ cups sugar and 1 cup Carnation Milk and let come to the simmering point; cook for 5 minutes in this manner, remove from fire and cool. Add 3 cups Carnation Milk, mixed with 1 cup water and $1\frac{1}{2}$ tablespoonfuls vanilla. Freeze. No eggs are needed.

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MACAROON PUDDING

- | | |
|-------------------------------|---------------------------------------|
| $\frac{1}{4}$ box gelatine. | $\frac{1}{3}$ cup St. Lawrence sugar. |
| $\frac{1}{4}$ cup cold water. | $\frac{1}{8}$ teaspoon salt. |
| 2 cups milk. | $\frac{2}{3}$ cup macaroons. |
| 3 yolks eggs. | 1 teaspoon vanilla. |

Soak gelatine in cold water. Make a custard of the milk, yolks, St. Lawrence sugar and salt. Add gelatine and strain into a pan set in ice water. Roll macaroons and add with vanilla. When it begins to thicken, add whites of 3 eggs beaten stiff. Put in mould and chill.

PORRIDGE PUDDING

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| 3 cups cold oatmeal porridge. | 2 eggs. |
| $\frac{1}{2}$ cup chopped raisins or currants. | 3 cups milk. |
| | $\frac{1}{2}$ cup St. Lawrence sugar. |

Mix ingredients and bake about 30 minutes. Any cold porridge, or boiled rice, can be used in this way, and will give a variety of delicious dishes easily prepared. Vanilla or lemon extract or nutmeg can be used for flavoring, and raisins and currants omitted. 2 tablespoons cocoa may also be used for variety.

ORANGE AMBROSIA

Peel and remove edible pulp from four oranges, saving every particle of juice. Then turn into large mixing bowl, sweeten slightly with powdered St. Lawrence sugar and stand on ice to chill. When ready to serve, mix with three tablespoons shredded cocoanut and turn into small wide-rimmed glasses, or glass custard cups. Pour over each portion two tablespoons Maraschino Cordial and sprinkle tops with chopped cherries. Canned cherries and juice may be substituted for the Maraschino variety, but add a little more sugar.

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CREAM RICE PUDDING

- | | |
|------------------------------|----------------------------|
| 1 qt. milk. | 4 tablespoons St. Lawrence |
| 2 tablespoons rice. | granulated sugar. |
| $\frac{1}{2}$ teaspoon salt. | 1 tablespoon butter. |

Put all ingredients into a buttered pudding dish, mix and cook in a slow oven for 2 or 3 hours. Stir often, mixing into the pudding the golden "skin" that forms. Do not stir during the last half hour.

This will be found most delicious if directions are followed exactly.

TAPIOCA CREAM

- | | |
|----------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup pearl tapioca. | $\frac{1}{2}$ cup St. Lawrence granu- |
| 3 cups scalded milk. | lated sugar. |
| 2 eggs. | $\frac{1}{4}$ teaspoon salt. |
| | 1 teaspoon vanilla. |

Soak tapioca, drain, add to milk. Cook in a double boiler until transparent. Add $\frac{1}{2}$ the St. Lawrence sugar. Beat egg yolks slightly, adding remaining St. Lawrence sugar and salt. Pour some of hot milk on egg yolks and return to double boiler. Cook until thickened. Remove from fire and add whites of eggs beaten stiff. Chill and flavor.

SNOW PUDDING

Moisten two level tablespoons corn starch with four tablespoons cold water. Add one cup boiling water, and one-half cup St. Lawrence granulated sugar. Stir over the fire until the mixture boils, then pour it slowly into the well beaten whites of two eggs, beating the mixture vigorously until ingredients are well combined. Add juice and grated rind of one lemon. Or, if a pink color is desired, add one-half cup cherry juice and one-half cup pitted cherries. Turn into glass custard cups or a mould as preferred. Serve with cream.

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CARAMEL PUDDING

1 cup St. Lawrence brown sugar.
 $\frac{1}{2}$ cup hot water.
1 pint milk.
 $2\frac{1}{2}$ level tablespoons corn starch.
Little salt.

Brown the St. Lawrence sugar in a saucepan. Add $\frac{1}{2}$ cup hot water. After St. Lawrence sugar is thoroughly dissolved, add milk. When nearly boiling, add corn starch which had been previously mixed with a little water and salt. Boil till thick. Serve hot or cold—with or without whipped cream.

CARAMEL CUSTARD

$\frac{1}{4}$ cup St. Lawrence sugar.
 $1\frac{1}{2}$ cups scalded milk.
2 eggs.
 $\frac{1}{2}$ cup cold milk.

Put St. Lawrence sugar into saucepan, and stir over the fire till it becomes liquid and brown, then add to scalded milk. Beat the eggs and add the cold milk. Turn mixture slowly into scalded milk and St. Lawrence sugar, stirring constantly that no lumps form. Continue to stir until the custard thickens. Set away to cool and serve in glasses.

BOILED BREAD PUDDING

Soak 1 colander full of bread about $\frac{1}{2}$ hour, squeeze water out well, then add:—

$\frac{1}{2}$ lb. raisins.
 $\frac{1}{2}$ lb. currants.
2 eggs.
1 cup St. Lawrence brown sugar.
1 tablespoon allspice.

Mix well and tie up in cloth tight. Boil 2 hours and serve with sauce.

VELVET CREAM.

1 pint cream, sweeten and flavor with vanilla to taste. Dissolve 1 oz. dry gelatine in $\frac{1}{2}$ tumbler of boiling water. Add to cream. Serve with cream and St. Lawrence sugar.

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CHOCOLATE BREAD PUDDING

- | | |
|---------------------|---|
| 3 cups stale bread. | 1 cup St. Lawrence sugar. |
| 3 cups milk. | $\frac{2}{3}$ square Baker's chocolate. |
| 1 cup hot water. | Little salt. |
| 1 egg. | |

Break up bread into small pieces in a pudding dish. Pour over it 1 cup milk and 1 cup hot water. Place over a slow fire to soften bread. Add chocolate.

Beat up the egg with St. Lawrence sugar and salt—add 2 cups milk—and pour over the bread. Mix carefully and bring to boil for a few minutes. Place in the oven to brown.

TROY PUDDING

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|---------------------------------------|-----------------|
| 1 cup suet. | 1 cup raisins. |
| 1 cup molasses. | 1 cup currants. |
| 1 cup sweet milk. | Lemon peel |
| 1 cup bread crumbs. | Cinnamon |
| 3 cups flour. | Nutmeg |
| 1 large teaspoon soda in
the milk. | } to taste. |

Mix all together and steam 3 hours.

LEMON CURD.

Pie, tart or cake filling.

- | | |
|------------------------------------|--|
| 1 lb. white St. Lawrence
sugar. | 1 tablespoon cornstarch. |
| $\frac{1}{4}$ lb. butter. | Juice of 2 lemons and
grated rind of one. |
| 6 eggs. | 2 cups water. |

Let simmer to a thick cream. This will keep in a sealer for 3 months.

CARROT PUDDING

- | | |
|----------------------------|---|
| 1 lb. grated carrots. | $\frac{1}{2}$ lb. currants. |
| $\frac{3}{4}$ lb. suet. | 4 tablespoons St. Lawrence
granulated sugar. |
| $\frac{1}{2}$ lb. raisins. | 8 tablespoons flour. |
| Spice to suit taste. | |

Boil 4 hours. Serve with sauce.

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PINEAPPLE CREAM

1 tin shredded pineapple.

Take juice and with one cup of white St. Lawrence sugar boil. Add $\frac{1}{3}$ package of gelatine, let cool, but not too firm, then add 2 cups whipped cream and the rest of the pineapple. Add to the whipped cream a little St. Lawrence sugar and vanilla. One pint of cream is used, or more, according to the number of people.

For the Tutti Frutti:—

10 cts. candied cherries.	10 cts. macaroons.
10 cts. blanched almonds.	10 cts. kisses.

Mix all together and serve cold.

SPANISH CREAM

$\frac{1}{4}$ box gelatine or 1 table- spoon granulated gel- atine.	$\frac{1}{2}$ cup St. Lawrence granu- lated sugar.
3 cups milk.	$\frac{1}{4}$ teaspoon salt.
Whites of 3 eggs.	1 teaspoon vanilla.
	Yolks of 3 eggs.

Scald milk with gelatine; add St. Lawrence sugar; pour slowly on yolk of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly. Remove from range, add salt, flavouring, and whites of eggs beaten stiff. Turn into individual moulds (first dipped in cold water) and chill. Serve with cream.

More gelatine will be required if large moulds are used.

MAPLE WHIP

1 cup maple syrup.	2 eggs (whites).
1 cup water.	Fruit.
2 teaspoons gelatine.	

Bring syrup and water to boil. Thicken with soaked gelatine, bring to boil again. Chill. When set to thin jelly, beat well with Dover egg-beater. Add whites of eggs beaten stiff. Beat all until very light. Add any fresh fruit, if desired, and chill. Serve with whipped cream or custard sauce.

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CARROT PUDDING

- | | |
|------------------------------|----------------------|
| 1½ cups flour. | 1 cup raisins. |
| 1 teaspoon soda. | 1 cup currants. |
| ¼ teaspoon salt. | 1 cup grated potato. |
| 1 cup St. Lawrence sugar. | 1 cup grated carrot. |
| 1 cup suet (finely chopped). | |

Mix and sift dry ingredients. Add suet and fruit. Mix well. Add vegetables, and stir until well blended. Steam 3 hours.

SUET PUDDING

- | | |
|---------------------------|------------------------------|
| 1 cup suet, chopped fine. | 2 teaspoons cream of tartar. |
| 1 cup molasses. | 1 teaspoon soda. |
| 1 cup sweet milk. | 2 teaspoons ginger. |
| 1 cup raisins, chopped. | ½ teaspoon salt. |
| 3 cups flour. | |

Boil 2 hours, or steam 3 hours.

SAUCE

- | | |
|---------------------------|------------------------------|
| 1 egg. | 2 tablespoons melted butter. |
| 1 cup St. Lawrence sugar. | |

Beat all together and flavor with vanilla.

ENGLISH PLUM PUDDING

- | | |
|---|----------------------------|
| 1 lb. suet. | 6 tablespoons flour. |
| 1 lb. raisins. | 1 teaspoon mace. |
| ½ lb. currants. | 1 teaspoon cinnamon. |
| ½ lb. citron peel. | 4 tablespoons cream. |
| 4 tablespoons St. Lawrence brown sugar. | 9 eggs. |
| 2 large handfuls bread crumbs. | Juice and rind of 1 lemon. |
| | ½ pint cider. |

Mix dry ingredients together. Whip eggs, add cream and other liquids, pour over, mixing well together. Salt to taste. Steam 7 hours, then 3 hours when wanted.

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PLUM PUDDING

- | | |
|---------------------------------------|---|
| 2 cups suet. | 4 eggs. |
| $\frac{1}{2}$ cup St. Lawrence sugar. | $\frac{1}{2}$ lb. raisins. |
| 1 cup almonds, blanched and chopped. | 1 tablespoon flour. |
| 3 cups fresh bread crumbs. | $\frac{1}{2}$ teaspoon soda. |
| $\frac{1}{2}$ cup sweet milk. | $\frac{1}{2}$ teaspoon salt. |
| | $\frac{1}{2}$ teaspoon nutmeg and cloves. |

Steam for 3 hours.

CHRISTMAS PUDDING

- | | |
|--------------------------------------|---------------------------------|
| 1 lb. raisins. | $\frac{3}{4}$ lb. flour. |
| 1 lb. currants. | $\frac{1}{4}$ lb. bread crumbs. |
| 1 lb. St. Lawrence sugar. | $\frac{3}{4}$ lb. suet. |
| $\frac{1}{2}$ lb. sultanas. | 6 eggs. |
| $\frac{1}{2}$ lb. mixed peel. | 1 lemon, juice and grated rind. |
| $\frac{1}{4}$ lb. almonds, cut fine. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ lb. walnuts, cut fine. | Spice to suit taste. |

Mix with milk accordingly. Boil 8 hours. Serve with sauce.

CHRISTMAS PLUM PUDDING

(without eggs.)

- | | |
|-------------------------------------|---------------------------------------|
| 1 lb. potatoes (boiled and mashed). | $\frac{1}{2}$ lb. chopped figs. |
| 1 lb. carrots (boiled and mashed). | $\frac{1}{2}$ lb. chopped dates. |
| 1 lb. bread crumbs. | $\frac{1}{2}$ lb. mixed candied peel. |
| 1 lb. chopped apples. | 1 cup chopped almonds (blanched). |
| 1 lb. seeded raisins. | 2 even tablespoons salt. |
| 1 lb. currants (washed). | 1 tablespoon essence lemon. |
| 1 lb. chopped suet. | 1 tablespoon essence almond. |
| 1 lb. flour. | 4 teaspoons baking powder. |
| 1 lb. molasses. | 2 teaspoons mixed spice. |
| 1 lb. St. Lawrence brown sugar. | 1 teaspoon cinnamon. |
| | $\frac{1}{2}$ teaspoon gr. cloves. |
- Mix and put out in cold. Cook when required.

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ORANGE CREAM PUDDING

4 tablespoons corn starch.	3 tablespoons St. Lawrence
$\frac{1}{2}$ cup cold milk.	sugar.
$3\frac{1}{2}$ cups hot milk.	$\frac{1}{2}$ teaspoon salt.
2 yolks eggs.	$\frac{1}{2}$ teaspoon orange extract.

Mix corn starch with cold milk, then add gradually to scalded milk. Cook in double boiler fifteen minutes, stirring constantly. Beat yolks of eggs, add St. Lawrence sugar and salt. Add to first mixture and cook three minutes.

Have prepared sliced oranges in serving dish sprinkled with St. Lawrence sugar. Pour over orange cream. Cool. Garnish with sections of orange and sprinkle all with shredded cocoanut.

DELICATE DESSERTS FROM DRIED FRUITS

In the spring, when fresh fruits are high and scarce, the dried fruits should be used frequently. Fruits are essential in the diet because their acids form alkalies when broken down in the body and neutralize the acids resulting from meats and other protein foods. They also have a healthy effect on the bowels and other body functions.

Prunes, figs, raisins, apricots, dates and apples are the most popular dried fruits, and may be used in the preparation of many delicious desserts. First, rinse carefully in warm water to remove dust, then set in a cool place to soak in enough cold water to cover, thus "putting-back" the moisture taken out in drying. The most desirable length of time for soaking dried fruit is eight hours, but two or three hours will suffice if the longer time cannot conveniently be given. Place the fruit, with the water in which it was soaked, over a flame and bring slowly to the boiling point. By using this water, the valuable mineral salts and sugar are not lost. Simmer gently until tender and juicy but not broken. Add St. Lawrence sugar to taste, but many fruits need no sweetening. Any of the fruits may be served in this simple way.

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Some of them combine very successfully; raisons and apricots, prunes and apricots, figs and raisins, are three good combinations.

There are also some unusual ways of preparing desserts from these dried fruits. A "whip" can be made from prunes, figs, apricots or raisins. The cooked sweetened fruit pulp is chilled and combined with stiffly whipped egg whites. Chopped nuts are sometimes added as a pleasing variation. The mixture may be baked in a very slow oven for about fifteen minutes, or be served immediately after the egg whites are folded into the fruit pulp. A boiled custard using the yolks of the eggs only is served with fruit whip, or sweetened whipped cream may be used in place of the custard. This affords a most delicious and well-balanced dessert.

APRICOT SOUFFLE

Rub half a pound of stewed and sweetened dried apricots through a puree sieve. Have in readiness one cupful of thick boiled custard. Add this to the fruit pulp and place on the ice for two or three hours to chill. Just previous to serving, fold in the stiffly whipped whites of two eggs and pour into a glass dish that has been lined with halved lady fingers. Dust the top with powdered macaroon crumbs and serve immediately.

PRUNE MOUSSE

Soak half a pound of prunes over night; cook until tender, remove the pits, drain the fruit and cut into bits. Cook three-quarters of a cupful of St. Lawrence sugar with the prune juice (about one-third of a cupful) and the juice of half a lemon to the soft ball stage (238 degrees Fahrenheit). Remove from the fire, pour in a fine stream on to the white of one egg beaten light and dry and beat until cold. Add the prunes gradually, and one and a half cupfuls of double cream beaten solid. Mould and freeze.

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Pies

GOOSEBERRY PIE

"The berries are generally omitted now, the following imitation being a more popular filling:—

Fricassee the Golden Rule in compromise liquor; add a pulverized sense of justice and several pinches of self-deception.

Cover with a rich crust of abnormal wealth and bake quickly."

*From the pastime of
"stealing from Peter to pay Paul"
deliver us.*

SOUR CREAM PIE

1 cup thick sour cream.	1 teaspoon cinnamon.
1 cup St. Lawrence sugar.	$\frac{1}{4}$ teaspoon cloves.
1 egg.	Pinch of salt.
1 cup chopped raisins.	

Beat egg well, add St. Lawrence sugar and stir in the cream thoroughly, then raisins and spice. Bake in a moderate oven. If only 1 crust is used, serve with whipped cream.

MOCK LEMON PIE

1 cup St. Lawrence sugar.	$1\frac{1}{2}$ cups thick sour milk,
1 tablespoon corn starch.	cream or buttermilk.
2 egg yolks.	$1\frac{1}{2}$ teaspoons lemon extract.

Beat well with egg beater. Bake in one crust. Make meringue with two egg whites. Spread on pie and brown in oven.

LEMON PIE WITHOUT EGGS

1 lemon (grated rind and juice).	1 cup St. Lawrence sugar.
1 large raw potato (grated).	1 cup of cold water.
	Pinch of salt.

Bake with upper and under crusts. This makes filling for two pies.

GOODYAER TIRES & TUBES—GASOLINE, OILS & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

For delicious desserts always use "EDWARDSBURG CROWN BRAND CORN SYRUP". It is easily digested.



LEMON POTATO PIE

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|---|---------------------------|
| 1 large raw potato, peeled
and grated. | 1 egg yolk. |
| 1 lemon—juice and rind. | 1 cup St. Lawrence sugar. |
| | 1 cup cold water. |

Bake in one crust. Make meringue with beaten white of egg and tablespoon St. Lawrence sugar. Flavor with lemon extract. Brown in oven.

LEMON PIE FILLING

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| 1 cup St. Lawrence sugar. | $\frac{1}{4}$ cup lemon juice. |
| $2\frac{1}{2}$ tablespoons flour. | 1 egg. |
| Grated rind of lemon. | 1 teaspoon butter. |

Mix St. Lawrence sugar and flour, add rind and lemon juice and egg slightly beaten. Put butter in sauce pan and, when melted, add mixture, stirring constantly until boiling point is reached. Cool before spreading. Orange filling may be made same way.

LEMON PIE FILLING

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| 2 tablespoons cornstarch. | 1 cup white St. Lawrence
sugar. |
| 1 teaspoon butter. | |
| 1 large lemon. | 1 large cup boiling water. |
| 2 eggs. | |

Mix corn starch, butter, grated rind and juice of lemon and St. Lawrence sugar. Pour on boiling water and cook till clear, stirring constantly. Allow to cool, then add yolks of eggs. Beat whites of eggs with 2 tablespoons St. Lawrence sugar till stiff. cover pie and brown in oven.

LEMON PIE

Line pie plate with rich pie crust.

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| 1 cup water. | $1\frac{1}{2}$ cups milk. | Pinch of salt. |
| Heat and thicken with:— | | |
| 2 tablespoons cornstarch. | 1 egg yolk mixed with juice
of lemon. | |
| $\frac{3}{4}$ cup St. Lawrence granu-
lated sugar. | Grated rind of lemon. | |
| Pour in shell. | | |

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

MERINGUE

$\frac{1}{4}$ cup St. Lawrence sugar with beaten white of egg.

Pour over lemon filling and brown in oven. Allow pie to cool in oven. This makes a large pie.

MAPLE SYRUP PIE

1 cup maple syrup.

A little salt.

Yolk of 2 eggs.

2 tablespoons flour.

Small piece of butter.

$\frac{1}{2}$ cup water.

Boil till thick as for lemon pie. Fill previously cooked shells and put stiffly beaten whites of eggs on top and brown.

DATE PIE

1 cup strained dates.

Cinnamon (very little).

1 egg.

1 cup milk.

Pinch of salt.

Makes 1 pie.

RAISIN PIE

1 lb. raisins (chopped).

1 lemon.

2 eggs.

1 tablespoon flour.

$1\frac{1}{2}$ cups St. Lawrence granulated sugar.

Butter, $\frac{1}{2}$ size of an egg.

RAISIN PIE

1 cup raisins cooked in water till soft, add $\frac{1}{4}$ cup St. Lawrence sugar, small piece butter, and a little flour to thicken. Let cool and bake with two crusts of rich pastry.

MOCK MINCE MEAT

10 lbs. green tomatoes put through food chopper.

Cook very slowly for 2 hours then add:—

5 lbs. St. Lawrence brown sugar.

2 tablespoons cinnamon.

2 tablespoons allspice.

Butter, size of an egg.

1 tablespoon gr. cloves.

$\frac{1}{2}$ cup vinegar (large).

2 lbs. raisins, put through food chopper.

1 nutmeg.

Cook all slowly for 1 hour.

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MINCE PIE WITHOUT MEAT

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|------------------------------|----------------------------|
| 1½ lbs. beef suet—chop fine. | ½ teaspoon ground cloves. |
| 1½ lbs. raisins—chop fine. | 1 teaspoon salt. |
| 2 lbs. currants. | Juice of 1 lemon and its |
| 1½ lbs. St. Lawrence sugar. | peel finely grated. |
| 3 lbs. Russet apples, peel, | 1 tablespoon mixed candied |
| core, and cut fine. | fruit, cut finely. |
| ¼ oz. mixed cinnamon and | |
| mace. | |

Mix well, put in jars, and keep in a cold place.

MINCE MEAT

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| 2 lbs. currants. | 2 lemons (juice and rind). |
| 2 lbs. raisins. | 1 tablespoon mixed spice. |
| ¾ lb. mixed peel. | 4 lbs. chopped apples. |
| 1½ lbs. St. Lawrence brown | 1 teaspoon ginger can be |
| sugar. | added if desired. It is |
| ½ lb. suet. | an improvement. |

If not moist enough, a little sweet cider can be used.

GREEN TOMATO MINCE MEAT

10 lbs. green tomatoes put through mincer.

Drain thoroughly and cover with water.

Cook ½ hour, then drain again.

- Add:
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|----------------------------|-----------------------------|
| 1 lb. St. Lawrence brown | 1 tablespoon salt. |
| sugar. | 1 tablespoon ground cloves. |
| 2 lbs. St. Lawrence sugar. | 1 tablespoon cinnamon. |
| 1½ lbs. raisins. | ¼ teaspoon nutmeg. |
| 2 cups beef suet. | 1 teaspoon allspice. |
| ½ cup vinegar. | 2 lemons—juice and grated |
| | rind. |

Cook ½ hour slowly. Four quarts when done.

COCOA CUSTARD PIE

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|----------------------------|---------------------|
| 3 tablespoons cocoa. | 2 egg yolks. |
| 1 cup St. Lawrence sugar. | 1 teaspoon vanilla. |
| 2 tablespoons corn starch. | Pinch salt. |
| 2 cups milk. | |

Mix and bake in one crust. Make meringue of two egg whites, or, if preferred, before baking sprinkle with shredded cocoanut. Use the whites for mock angel cake.

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BUTTER SCOTCH PIE

Cream four tablespoons butter and add gradually six tablespoons flour; then add three-fourths cup St. Lawrence brown sugar, mixed with yolks two eggs slightly beaten, and one-half teaspoon salt.

Scald two cups milk, add three teaspoons caramel syrup and add gradually to mixture. Return to double boiler and cook fifteen minutes, stirring constantly until mixture thickens and afterwards occasionally.

Caramel syrup is made by caramelizing one-half cup St. Lawrence brown sugar, adding one-third cup boiling water and letting boil until a thick syrup is formed.

Fill a pastry pie crust with above mixture, and pour over top meringue, made with whites of two eggs, beaten until stiff, to which add gradually, while beating constantly, three tablespoons St. Lawrence brown sugar and a few grains salt; then fold in two tablespoons St. Lawrence powdered sugar. Brown slightly in oven.

HOT WATER PASTRY

$\frac{1}{2}$ cup shortening.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ cup boiling water.

$\frac{1}{2}$ teaspoon baking powder.

1 tablespoon lemon juice,
or white wine vinegar.

$1\frac{1}{2}$ cups or more flour.

Mix shortening with boiling water. Cream with fork. Add lemon juice or vinegar and mix. Add flour mixture and stir with spoon. Let dough cool a little before rolling out, otherwise it will stick to rolling pin. Do not leave too long before rolling out, as on account of so little water it will be difficult to handle if too cool. After it is fitted to pie plate, it may be left a day or so in cool place or in refrigerator until ready to be baked. This makes a lovely flaky pastry, and can be made very quickly after one has tried it once or twice.

LEMON STICKS

Cut puff or plain pastry in strips four or five inches long by one-half inch wide. Bake on brown paper in pan in hot oven. Ice with lemon icing.

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Cakes

WASHINGTON CAKE

Four cups of the flour of truthfulness; two cups of the butter of generosity, sweetened with two cups of high ideals, made light with courage and patriotism, flavored with sagacity. Add the fruits of fame and love.

When well baked, cover with icing, prepared as in a previous recipe. Decorate with preserved cherries and cut with a small silver hatchet.

*We praise for heroic
souls and for the joyful emotion
of reverence.*

HINTS ON CAKE MAKING

In making cake have flour carefully sifted, sugar dry and free from lumps, eggs fresh, butter sweet, and milk rich and pure. Measure accurately. Butter and sugar should be creamed together before using. Beat yolks and whites of eggs separate. Baking powder should be sifted in with the flour. Soda and cream of tartar should be dissolved in the milk. Cake may be kept fresh and soft for a long time if you place two or three apples, or a pint fruit jar filled with water in your cake box. This is of great advantage with nut, spice or fruit cake.

DATE CAKE

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|---|------------------------------|
| 1 cup butter. | 4 eggs. |
| 2 cups St. Lawrence white sugar. | 1 lb. raisins. |
| 1 cup milk. | $\frac{1}{2}$ lb. almonds. |
| $2\frac{1}{2}$ cups flour. | 1 lb. dates. |
| $1\frac{1}{2}$ teaspoons baking powder. | Citron peel. |
| | $\frac{1}{8}$ teaspoon salt. |

Cream butter, adding St. Lawrence sugar gradually. Add well-beaten eggs—then add milk alternately with flour mixed and sifted with baking powder and salt. Lastly, add fruit and nuts. Bake in slow oven about $1\frac{1}{2}$ hours.

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BLUEBERRY CAKE

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|---------------------------|-------------------------------------|
| 1 egg. | $\frac{1}{2}$ cup blueberries. |
| 1 cup St. Lawrence sugar. | $\frac{1}{2}$ teaspoon mixed spice. |
| Butter, size of walnut. | 3 teaspoons baking powder. |
| 2 cups flour (level). | Pinch salt. |

Mix all together and bake in buttered pan. Strawberries or raspberries could be substituted in season.

CORN CAKE

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| $\frac{3}{4}$ cup corn meal. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ cups flour. | 1 egg. |
| $\frac{1}{4}$ cup St. Lawrence sugar. | 1 tablespoon melted butter. |
| 5 teaspoons baking powder. | |

Mix dry ingredients. Add egg well beaten. Then milk and melted butter. Beat well. Bake in buttered gems in hot oven 15 or 20 minutes.

SHORTBREAD

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| 1 lb. flour. | $\frac{1}{4}$ lb. St. Lawrence brown sugar. |
| $\frac{1}{2}$ lb. butter. | |

Mix all well together, turn on to a baking board, and knead with the hands. Put into cake tins and press into shape. Bake in moderate oven.

POTATO FLOUR CAKE

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| 4 eggs. | $\frac{1}{2}$ cup potato flour. |
| 1 cup St. Lawrence sugar. | 1 small teaspoon baking powder. |
| $\frac{1}{2}$ teaspoon vanilla. | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{2}$ teaspoon lemon. | |

Beat yolks of eggs till very light, add $\frac{1}{2}$ cup St. Lawrence sugar and beat again. Beat whites of eggs and add the other $\frac{1}{2}$ cup St. Lawrence sugar. Sift flour, salt and baking powder together, and bake in a slow oven.

ROLLED JELLY CAKE

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| 4 eggs, beaten very light. | $\frac{1}{4}$ teaspoon salt. |
| 1 cup St. Lawrence sugar. | 1 teaspoon baking powder. |
| 1 cup flour. | |

Mix well and bake in a shallow pan. Turn out on a towel, spread with jelly and roll while hot.

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WALNUT CAKE

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|--------------------------------------|------------------------------------|
| 1 cup St. Lawrence granulated sugar. | 2 cups flour. |
| $\frac{1}{2}$ cup butter. | 2 teaspoons baking powder. |
| $\frac{1}{2}$ cup sweet milk. | 1 cup chopped walnuts. |
| 2 eggs. | $\frac{1}{2}$ cup chopped raisins. |

CLOVE CAKE

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| 2 eggs. | $\frac{1}{2}$ cup sweet milk. |
| 1 $\frac{1}{2}$ cups St. Lawrence brown sugar. | 2 cups flour. |
| 1 cup butter. | 1 tablespoon ground cloves. |
| 1 cup chopped raisins. | $\frac{1}{2}$ teaspoon baking soda. |

CINNAMON CHOCOLATE CAKE

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| $\frac{1}{2}$ cup butter. | 1 $\frac{1}{2}$ cups flour. |
| 1 cup St. Lawrence sugar. | 1 $\frac{1}{2}$ teaspoons baking powder. |
| 2 eggs, well beaten. | 3 teaspoons cinnamon |
| $\frac{1}{2}$ cup milk | |

Cream the butter, add gradually the St. Lawrence sugar, eggs, milk and flour with baking powder and a little salt. When all is beaten together, add the spice.

CHOCOLATE FILLING FOR ABOVE

Whites of 2 eggs and Confectioners' sugar, beaten together to the consistency of icing, not too stiff; 1 oz. or square of chocolate melted, and mixed thoroughly with the icing.

COCOA CAKE

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| $\frac{1}{2}$ cup butter. | 2 tablespoons cocoa. |
| 1 cup St. Lawrence sugar. | 1 $\frac{1}{2}$ cups flour. |
| 1 teaspoon soda. | 1 egg. |
| $\frac{2}{3}$ cup sour milk. | |

Dissolve soda in milk. Add well beaten egg last.

FILLING FOR COCOA CAKE

To 1 cup hot water add 1 tablespoon butter. Mix 1 tablespoon cocoa, 1 tablespoon corn starch and $\frac{1}{2}$ cup St. Lawrence sugar. Add to water and cook till thick. Flavor to taste.

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CREAM CAKE

1 cup St. Lawrence sugar. $1\frac{2}{3}$ cups flour.
 $\frac{1}{2}$ cup butter. 4 teaspoons baking powder.
1 egg. 1 cup milk.

Cream butter and St. Lawrence sugar. Add egg well beaten. Sift flour and baking powder 3 times, and add to mixture gradually. Add milk and beat until batter is quite smooth. Flavor to taste.

SOUR MILK LAYER CAKE

$\frac{3}{4}$ cup St. Lawrence sugar. 2 eggs (well beaten).
Butter, size of large egg. $1\frac{1}{2}$ cups flour.
 $\frac{3}{4}$ cup sour milk. 2 or 3 tablespoons cocoa
1 teaspoon soda dissolved sifted with flour.
in milk. Vanilla.

SOUR CREAM LAYER CAKE

Break two eggs in a cake bowl; add one cup sour cream, one-fourth teaspoon soda, one-fourth teaspoon salt; beat. Add one cup St. Lawrence granulated sugar, two large cups flour, two teaspoons Egg-o Baking Powder; flavor. Bake in two tins and cover with whipped cream, or apple frosting made as follows:—

APPLE FROSTING

Beat the white of one egg until stiff, add a cupful of powdered St. Lawrence sugar, and a grated apple with a little lemon flavoring extract. Beat until stiff and spread on and between cake.

BACHELOR CAKE

$3\frac{1}{2}$ cups flour. 1 teaspoon cloves or cinnamon.
 $1\frac{1}{2}$ cups St. Lawrence brown sugar. $\frac{1}{2}$ teaspoon ginger.
1 lb. currants. 2 teaspoons nutmeg.
 $\frac{1}{2}$ lb. butter. 2 teaspoons soda.
 $\frac{1}{4}$ lb. peel. 2 breakfast cups butter-milk or sour milk.

Makes nice small cakes.

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HOT WATER SPONGE CAKE

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|---------------------------|----------------------------------|
| 2 eggs. | 2 large teaspoons baking powder. |
| 1 cup St. Lawrence sugar. | |
| 1 cup flour. | $\frac{1}{2}$ cup boiling water. |

Beat the eggs thoroughly and then add St. Lawrence sugar slowly and beat again. Sift the baking powder through the flour, add to the St. Lawrence sugar and eggs. And, lastly, add the half-cup of boiling water. Bake in a long pan thirty minutes in a slow oven.

SPONGE CAKE

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| 4 eggs. | 2 cups flour. |
| 2 cups St. Lawrence sugar. | 1 teaspoon soda. |
| 2 teaspoons cream of tartar. | $\frac{2}{3}$ cup boiling water. |
| | Lemon to flavor. |

Beat yolks of eggs and St. Lawrence sugar together, add flour, whites of eggs beaten stiffly; last, the hot water. Place in pan and bake, not too quickly.

CHOCOLATE CAKE

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|----------------------------|---|
| $\frac{1}{2}$ cup butter. | $2\frac{1}{2}$ teaspoons baking powder. |
| 1 cup St. Lawrence sugar. | |
| 2 eggs. | $\frac{1}{2}$ cup milk. |
| $1\frac{1}{2}$ cups flour. | 2 pieces melted chocolate. |

Stir in whites of eggs beaten last.

EGGLESS CHOCOLATE CAKE

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| 1 cup St. Lawrence brown sugar. | $\frac{1}{2}$ cup tour milk. |
| 1 tablespoon butter. | $\frac{1}{2}$ teaspoon soda. |
| $\frac{1}{4}$ cup cocoa. | $1\frac{1}{4}$ cups flour. |
| $\frac{1}{4}$ cup boiling water. | 1 teaspoon Egg-o. |
| 1 teaspoon vanilla. | Baking powder. |

Mix St. Lawrence sugar, butter and cocoa and add boiling water. Add soda and baking powder to flour, and add these alternately to sugar mixture. Add vanilla. Bake in layers in moderate oven.

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SPICE CAKE

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|---------------------------------------|---|
| 2 cups St. Lawrence brown sugar. | 1 teaspoon cinnamon. |
| $\frac{1}{2}$ cup butter or dripping. | $\frac{1}{4}$ teaspoon cloves. |
| 1 cup sour milk. | $\frac{3}{4}$ cups walnuts, chopped fine. |
| 1 teaspoon soda. | 2 eggs. |
| | 2 cups flour. |

Mix St. Lawrence sugar, milk and butter and let stand 1 hour before adding the dry ingredients. Beat well. Add eggs last.

RICE FLOUR CAKE

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| 5 ozs. St. Lawrence pulverized sugar. | 5 ozs. rice flour. |
| $2\frac{1}{2}$ oz. butter, creamed. | $\frac{1}{4}$ cup lemon juice in water. |
| 3 eggs (separated). | 2 teaspoons flour. |
| | $\frac{1}{2}$ teaspoon baking powder. |
- Put in a moderate oven. When beginning to rise, increase heat till baked.

MAPLE CREAM CAKE

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| 2 eggs. | 1 cup milk. |
| 1 cup St. Lawrence granulated sugar. | 2 teaspoons cream of tartar. |
| 3 tablespoons butter. | 1 teaspoon soda. |
| | Flour. |

ICING

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| $\frac{1}{2}$ cup maple syrup. | $\frac{1}{2}$ cup St. Lawrence granulated sugar. |
| White of 1 egg. | |

Boil syrup and sugar together until it threads when dropped from a spoon. Have white of egg beaten to stiff froth and add gradually boiled syrup and sugar. Beat until it appears as if it would spread on cake without running.

CAKE WITHOUT EGG

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| 1 cup St. Lawrence granulated sugar. | 1 teaspoon cloves. |
| $\frac{1}{3}$ cup butter. | 1 nutmeg. |
| 1 cup sour milk. | 1 teaspoon baking soda. |
| 1 teaspoon cinamon. | 1 cup raisins. |
| | 2 cups flour. |

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APPLE SAUCE CAKE

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|-----------------------------------|----------------------|
| 1½ cups sweetened apple
sauce. | ½ teaspoon cinnamon. |
| 1 teaspoon soda. | ½ teaspoon cloves. |
| 1 cup St. Lawrence sugar. | ½ teaspoon salt. |
| ½ cup butter. | 1 cup raisins. |
| | 1½ cups flour. |

Bake in loaf in moderate oven. When cool, cover with favorite icing. (This cake will keep moist for several days.)

APPLE SAUCE CAKE.

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| 2½ cups unsweetened apple
sauce. | 1 cup butter. |
| 2 cups St. Lawrence sugar. | 1 teaspoon cinnamon. |
| 1 cup raisins. | ½ teaspoon cloves. |
| 1 cup currants. | 3 teaspoons soda dissolved
in sauce. |
| 4½ cups flour. | A little salt and nutmeg. |
| ¼ lb. lemon peel. | |

CRUMB CAKE.

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| 1 cup St. Lawrence brown
sugar. | 1 teaspoon cinnamon. |
| 2 tablespoons butter. | ½ teaspoon cloves. |
| 1½ cups flour. | 1 cup raisins, nut meats, or
cocoanut. |
| 1 cup sour milk. | Pinch of salt. |
| 1 teaspoon soda. | |

Mix St. Lawrence sugar, butter and flour as for pie crust, and take out about $\frac{2}{3}$ cup. Add the rest of ingredients, place mixture in 2 bread tins and sprinkle dry ingredients over top to form icing. Bake slowly.

APPLE SAUCE CAKE

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|---|----------------------|
| 1 cup St. Lawrence granu-
lated sugar. | ½ teaspoon salt. |
| ½ cup shortening. | ½ teaspoon cinnamon. |
| 1 cup unsweetened apple
sauce. | ½ teaspoon cloves. |
| 1 teaspoon soda. | 2 cups pastry flour. |
| | 1 cup raisins. |

Bake in loaf in medium oven.

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CRUMB CAKE

Put in a bowl:—

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| 2 cups flour. | $\frac{3}{4}$ cup butter. |
| $1\frac{1}{2}$ cups St. Lawrence granulated sugar. | 2 teaspoons baking powder. |

With the hands mix all together to a mixture that looks like crumbs.

Take out $\frac{3}{4}$ cup of these crumbs and set aside while you add to those left in the bowl:—

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| 2 eggs. | $\frac{3}{4}$ cup milk. |
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Beat until smooth and creamy and turn into a long pan. Sprinkle the remaining $\frac{3}{4}$ cup crumbs over the top of the cake and bake in a moderate oven.

COFFEE CAKE (Excellent)

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| 1 cup butter. | 1 teaspoon soda. |
| 1 cup St. Lawrence granulated sugar. | 1 lb. raisins. |
| 1 cup molasses. | 1 teaspoon cinnamon. |
| 1 cup strong coffee. | 1 teaspoon cloves. |
| 4 cups flour. | $\frac{1}{2}$ nutmeg. |
| | 3 eggs. |

Put soda in molasses. Bake slowly.

SPANISH BUN

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| 1 whole egg and yolks of 3 eggs. | $2\frac{1}{2}$ cups flour. |
| $\frac{3}{4}$ cup butter. | $2\frac{1}{2}$ level teaspoons Egg-o baking powder. |
| 1 cup milk. | 1 teaspoon cinnamon. |
| 2 cups St. Lawrence brown sugar. | 1 teaspoon mixed spices. |

Icing:—

Whites of 3 eggs.

1 cup of St. Lawrence brown sugar.

Spread cake with jelly, spread icing on the top, brown delicately.

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HATHAWA CAKE

Whites of 3 eggs. 1 cup flour.
1 cup St. Lawrence sugar. 1 cup corn starch.
 $\frac{1}{2}$ cup butter. 2 teaspoons baking powder.
Cream butter and sugar. Bake with increasing fire.

STRAWBERRY SHORT CAKE

2 cups flour. 1 cup milk or water.
4 teaspoons baking powder. 1 box strawberries.
1 teaspoon salt. 1 cup St. Lawrence granu-
1 tablespoon butter. lated sugar.
1 tablespoon lard.

Mix dry ingredients and sift. Work in shortening. Add liquid, making soft dough. Butter and flour tin, spread mixture, and bake in hot oven for 20 minutes. Put St. Lawrence sugar over strawberries, and mash well. Cut biscuit mixture in half, butter cut sides. Pour berries over half, then place other half on top, buttered side up, and pour remaining berries over.

ORANGE CAKE

$\frac{1}{4}$ cup butter. 2 small cups flour.
1 cup St. Lawrence sugar. 2 teaspoons baking powder.
2 eggs. $\frac{1}{2}$ cup milk.

Cream butter and St. Lawrence sugar together, add eggs, flour sifted with baking powder and milk. Beat all well together, pour into pans and bake about 15 minutes.

FILLING FOR ABOVE

1 cup St. Lawrence Confectioners' sugar, grated rind of 1 orange, enough strained orange juice to moisten. Spread between layers and on the top.

SEED CAKE

2 eggs, well beaten. Add: 1 cup St. Lawrence
 $\frac{1}{2}$ cup melted butter. sugar.
 $\frac{3}{4}$ cup milk.

Mix in $1\frac{1}{2}$ cups flour, sifted with 1 heaping teaspoon baking powder, $1\frac{1}{2}$ teaspoons caraway seeds, 1 teaspoon any desired flavoring. Turn into buttered cake tin and bake till a light brown.

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DATE LOAF

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|---|-------------------------------------|
| $\frac{1}{2}$ package Dromedary
dates, chopped. | 1 cup St. Lawrence sugar.
1 egg. |
| 1 heaping teaspoon soda,
sprinkled over dates. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup boiling water, poured
over dates and soda. | 1 small cup chopped wal-
nuts. |
| | $1\frac{1}{2}$ cups flour. |
- Do not beat egg.

DATE BREAD

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|---------------------------------------|----------------------|
| 1 cup dates. | 1 egg. |
| 1 cup boiling water. | 1 teaspoon vanilla. |
| $\frac{3}{4}$ cup St. Lawrence sugar. | 1 tablespoon butter. |
| $1\frac{3}{4}$ cups flour. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup chopped walnuts. | A little salt. |

Cut dates in small pieces, add soda, pour hot water over and let stand till cold. Add the other ingredients, and bake slowly 45 minutes.

GINGER CAKE

- | | |
|---------------------------|--------------------------------------|
| 1 cup St. Lawrence sugar. | 1 cup sour milk or cream. |
| 1 cup shortening. | 2 eggs. |
| 1 cup molasses. | 2 tablespoons ginger. |
| 1 teaspoon soda. | Enough flour to make soft
batter. |

Dissolve soda in milk. One cup of raisins may be added if desired.

GINGERBREAD

- | | |
|---------------------------------|--|
| 1 cup St. Lawrence sugar. | 1 teaspoon ginger. |
| 1 egg. | 1 teaspoon cinnamon. |
| 1 cup molasses. | 1 teaspoon allspice. |
| 2 tablespoons melted
butter. | 1 cup boiling water mixed
with 1 teaspoon soda. |
| 2 cups flour. | |

GOODYEAR TIRES & TUBES—GASOLINE, OILS & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

When you want the best always use
"BENSON'S CORN STARCH", the standard of quality.



FRUIT GINGERBREAD

- | | |
|--|---------------------------------|
| 2 cups St. Lawrence sugar. | 1 cup cold water. |
| 1 cup shortening. | $3\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ teaspoon baking soda,
dissolved in 1 cup mo-
lasses. | 2 teaspoons baking pow-
der. |
| 3 eggs. | 1 tablespoon ginger. |
| | $\frac{1}{2}$ lb. raisins. |

Cream shortening. Add St. Lawrence sugar gradu-
ally. Add well-beaten eggs, then molasses and soda. Add
water, then gradually the flour which has been mixed and
sifted with baking powder and ginger. Lastly, add fruit.
Beat well and cook in 2 medium-sized loaf tins for about
50 minutes.

SOFT GINGERBREAD

- | | |
|--|-----------------------|
| 2 eggs. | 1 cup molasses. |
| 1 cup St. Lawrence sugar. | 1 cup sweet milk. |
| 1 teaspoon soda in molasses. | 2 cups flour. |
| $\frac{2}{3}$ cup melted butter or
butter substitute. | 2 teaspoons ginger. |
| | 2 teaspoons cinnamon. |

Beat eggs and St. Lawrence sugar. Add melted butter
and other ingredients.

GINGERBREAD.

- | | |
|--|-----------------------------|
| 1 egg. | $\frac{1}{2}$ cup molasses. |
| $\frac{1}{2}$ cup St. Lawrence brown
sugar. | $1\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ cup thick sour milk. | 1 teaspoon mixed spice. |
| 2 teaspoons soda. | 1 teaspoon ginger. |
| | 2 tablespoons shortening. |

Mix St. Lawrence sugar and egg in a mixing bowl
until the sugar is dissolved. Dissolve half the soda in the
sour milk. Heat the molasses and add remaining soda.
Mix wet ingredients in the order given and add the flour
and spices sifted together. Lastly, stir in shortening,
which must be first melted in baking tin. Bake in quick
oven for 25 minutes.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - - Walnut 2563



For Salads and Mayonnaise dressings always use
"MAZOLA", the Salad and Cooking Oil.

BRIDE'S CAKE

"Rose-tinted hopes, girlish graces, woman's trust,
heart's devotion, a mother's prayer, a father's blessing,
home tenderness, gay good-byes. All mixed, flavored, and
decorated with enthusiasm over the *bride*—the one."

*God grant that through
the door of passionate love for one, I step
into the sunlight of love
for all.*

MOCK ANGEL CAKE

1 cup flour.	2 teaspoonfuls baking powder.
1 cup St. Lawrence sugar.	Pinch salt.

Sift thoroughly. Add slowly one cup scalded milk and, lastly, beaten whites of two eggs. Flavor with vanilla or almond.

FRUIT CAKE

2 eggs.	1 teaspoon baking soda.
1 cup sour milk.	1 teaspoon cinnamon.
$\frac{1}{2}$ cup butter.	1 teaspoon cloves.
$\frac{1}{2}$ cup lard.	$\frac{1}{2}$ nutmeg.
$\frac{1}{2}$ cup molasses.	1 lb. currants.
2 teaspoons cream of tartar.	1 lb. raisins.
	Flour to make real stiff.

Bake in a slow oven.

CHEAP FRUIT CAKE

1 cup butter.	$\frac{1}{4}$ lb. citron peel.
1 cup St. Lawrence sugar.	4 cups flour.
1 cup molasses.	$\frac{1}{2}$ teaspoon salt.
1 cup milk.	1 teaspoon soda.
2 eggs.	1 teaspoon cinnamon.
1 lb. currants.	$\frac{1}{2}$ teaspoon cloves.
1 lb. raisins.	

Bake in a slow oven.

GOODYEAR TIRES & TUBES—GASOLINE, OILS & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

For delicious desserts always use "EDWARDSBURG CROWN BRAND CORN SYRUP". It is easily digested.



PORK CAKE

- | | |
|---------------------------------------|--|
| $\frac{1}{2}$ lb. pork, chopped fine. | 1 cup St. Lawrence brown sugar. |
| 1 lb. raisins. | $\frac{1}{2}$ tablespoon cinnamon. |
| 1 lb. currants. | $\frac{1}{2}$ tablespoon cloves. |
| $\frac{1}{4}$ lb. mixed peel. | 1 nutmeg. |
| $\frac{1}{2}$ pt. boiling water. | $\frac{1}{2}$ tablespoon each salt and soda. |
| 5 cups flour. | |
| 1 cup molasses. | |

Mix pork, molasses, soda, St. Lawrence sugar and salt. Pour on boiling water. Mix flour and spices. Sift some flour on fruit, then mix.

GRAHAM FRUIT CAKE

- | | |
|---------------------------------|--------------------------|
| 1 cup St. Lawrence Brown sugar. | 3 cups seeded raisins. |
| 2 cups molasses. | 1 lb. cleaned currants. |
| 3 cups Graham flour. | 1 cup citron. |
| 2 cups white flour. | $\frac{1}{2}$ lb. dates. |
| 1 teaspoon soda. | $\frac{1}{2}$ lb. figs. |
| 1 teaspoon salt. | 2 oz. cinnamon. |
| 3 cups sour milk. | 2 oz. allspice. |
| | 1 oz. cloves. |

Bake in moderate oven.

SOFT POUND OR BIRTHDAY CAKE

- | | |
|--|---------------------------------|
| 1 lb. St. Lawrence white sugar. | 1 cup milk. |
| $\frac{1}{2}$ lb. butter, or 6 oz. Crisco. | 2 full teaspoons baking powder. |
| 4 eggs. | 1 lb. flour. |

Fruit to taste.

FRUIT CAKE

- | | |
|--------------------------------------|------------------------------|
| 1 cup St. Lawrence brown sugar. | 1 teaspoon mace. |
| 2 cups butter. | 1 teaspoon cinnamon. |
| $\frac{1}{2}$ cup molasses | 1 teaspoon allspice. |
| $\frac{1}{2}$ cup sweet milk. | $\frac{1}{2}$ grated nutmeg. |
| 3 eggs. | 2 cups flour. |
| $\frac{1}{2}$ teaspoon soda. | 1 lb. raisins. |
| $\frac{1}{2}$ teaspoon cream tartar. | 1 lb. currants. |
| 1 teaspoon ground cloves. | $\frac{1}{2}$ lb. citron. |

Bake in a slow oven.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



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CHRISTMAS CAKE

- | | |
|---|-------------------------------------|
| 3 lbs. raisins. | 1 $\frac{3}{4}$ lbs. pastry flour. |
| 3 lbs. currants (washed). | 12 eggs. |
| $\frac{1}{4}$ lb. citron peel. | $\frac{1}{2}$ lb. candied cherries. |
| Juice 1 lemon. | 2 wineglasses apple nectar. |
| 1 lb. almonds. | 1 nutmeg. |
| 1 $\frac{1}{4}$ lbs. butter. | 2 tablespoons vanilla. |
| 1 $\frac{1}{2}$ lbs St. Lawrence brown sugar. | 1 tablespoon cinnamon. |
| | 2 tablespoons baking powder. |

Chop peel and soften in nectar. Flour currants and raisins, and add chopped blanched almonds. Break yolks on St. Lawrence sugar and add to creamed butter. Add essences, juices, peel and spices. Sift flour and add to the above alternately with well-beaten whites of eggs. Add fruit. Cook by steaming 3 hours and baking 1 hour.

WAR TIME FRUIT CAKE

- | | |
|--|------------------------|
| $\frac{1}{2}$ cup butter, creamed. | 2 teaspoons cinnamon. |
| 1 cup St. Lawrence brown sugar. | 2 teaspoons ginger. |
| 1 cup molasses. | 1 teaspoon cloves. |
| 1 cup sour milk. | 1 teaspoon nutmeg. |
| 1 teaspoon soda dissolved in a little boiling water. | 3 cups flour. |
| Bake in moderate oven. | 1 lb. cleaned raisins. |

CREAM CAKE

- | | |
|--------------------------------|---|
| 1 cup St. Lawrence sugar. | 2 teaspoons baking powder. |
| 3 dessertspoons melted butter. | 3 eggs. |
| 1 cup flour, sifted twice. | 4 dessertspoons boiling water added last. |
| Bake in two layers. | |

FILLING FOR ABOVE

- | | |
|----------------------------|---|
| 1 pint milk. | 1 teaspoon vanilla. |
| 1 egg. | 1 $\frac{1}{2}$ teaspoons St. Lawrence sugar. |
| Piece of butter. | |
| 1 dessertspoon cornstarch. | |

Cook in double boiler till thick, spread between layers, cover top with powdered St. Lawrence sugar.

GOODYEAR TIRES & TUBES—GASOLINE, OIL & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

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"BENSON'S CORN STARCH", the standard of quality.



Small Cakes, Cookies and Afternoon Tea Dainties

SWEET WHITE COOKIES

- | | |
|---|------------------------------|
| 2 cups St. Lawrence light
brown sugar. | 1 egg. |
| 1 cup butter and lard
mixed. | $\frac{1}{4}$ teaspoon soda. |
| Flour to make quite stiff. | |
| Roll thin and cut any shape desired. | |

OATMEAL COOKIES

- | | |
|---------------------------|---|
| 2 cups flour. | 1 cup sweet milk. |
| 3 cups rolled oats. | 2 teaspoons cream of tar-
tar. |
| 1 cup shortening. | 1 teaspoon soda, level. |
| 1 cup St. Lawrence sugar. | Roll thin, cut and bake. This will make about eight
dozen cookies. |

MOLASSES OATMEAL COOKIES

- | | |
|--|---|
| 3 tablespoons lard. | 2 cups fine oatmeal. |
| 1 cup molasses. | 1 small teaspoon soda dis-
solved in $\frac{1}{2}$ cup boiling
water. |
| 1 tablespoon mixed spices. | |
| 1 small cup St. Lawrence
brown sugar. | |
| Flour enough to roll out very thin. Bake in quick
oven. | |

ROCK CAKES

- | | |
|--|---|
| 1 cup St. Lawrence brown
sugar. | A little nutmeg. |
| 1 cup butter. | 2 beaten eggs. |
| 1 cup currants. | 1 small teaspoon soda, dis-
solved in hot water. |
| Small quantity mixed peel. | 2 cups flour. |
| Grated rind of 1 lemon. | |
| Drop in small quantities on a greased tin and bake
quickly. Add more flour if batter is not stiff enough. | |

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - - Walnut 2563



For Salada and Mayonnaise dressings always use
"MAZOLA", the Salad and Cooking Oil.

FRUIT JUMBLES

- | | |
|------------------------------------|--------------------------------------|
| $\frac{1}{2}$ lb. chopped dates. | $\frac{1}{2}$ cup flour. |
| $\frac{1}{4}$ lb. chopped walnuts. | $\frac{3}{4}$ cup brown St. Lawrence |
| Rub together with 1 cup | sugar. |
| flour. | 1 teaspoon vanilla. |
| Beat $\frac{1}{4}$ lb. butter. | 1 small teaspoon soda. |
| 2 eggs. | |

Mix all together and drop from teaspoon on un-buttered pan.

COOKIES

- | | |
|---------------------------|---------------------------------------|
| 1 cup St. Lawrence sugar. | 2 teaspoons baking powder. |
| 1 cup butter. | Flour to thicken—about $2\frac{1}{2}$ |
| 3 eggs. | cups. |
- Roll thin; cut, and bake in a moderate oven.

PLAIN SOUR MILK CAKES

- | | |
|----------------------------|--------------------------------|
| 2 cups St. Lawrence sugar. | 2 teaspoons soda. |
| 1 cup butter. | $\frac{1}{2}$ teaspoon nutmeg. |
| 2 cups sour milk. | Flour to mix thick. |
- Roll $\frac{1}{2}$ -inch thick, cut and bake.

HERMITS

- | | |
|------------------------------------|----------------------------------|
| 3 eggs, well beaten. | $\frac{1}{2}$ lb. chopped dates. |
| $1\frac{1}{2}$ cups St. Lawrence | 1 teaspoon soda. |
| brown sugar. | 1 teaspoon cream of tar- |
| 1 cup butter or lard. | tar. |
| $\frac{1}{2}$ lb. chopped raisins. | $2\frac{1}{2}$ cups flour. |
| $\frac{1}{2}$ lb. chopped walnuts. | A little salt. |

HERMITS

- | | |
|----------------------------------|---|
| $\frac{3}{4}$ cup butter. | $1\frac{1}{2}$ cups flour. |
| 1 cup St. Lawrence | 1 cup raisins. |
| brown sugar. | $\frac{1}{2}$ cup walnuts. |
| 2 eggs. | $\frac{1}{2}$ teaspoon vanilla. |
| $\frac{1}{3}$ cup milk. | $\frac{1}{4}$ or $\frac{1}{2}$ teaspoon mace, |
| 1 teaspoon soda in milk. | cloves and cinnamon. |
| $1\frac{1}{2}$ cups rolled oats. | |
- Drop by teaspoonful on buttered tin.

GOODYEAR TIRES & TUBES—GASOLINE, OILS & GREASES
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HERMITS

- | | |
|--------------------------------------|------------------------------------|
| 1 egg. | 2 tablespoons molases. |
| 1 cup St. Lawrence granulated sugar. | Spice to taste. |
| $\frac{1}{2}$ cup butter. | $\frac{1}{2}$ cup chopped walnuts. |
| $\frac{1}{2}$ cup sour cream. | $\frac{1}{2}$ cup raisins. |
| 1 teaspoon soda. | Flour. |

Beat egg and add creamed butter and St. Lawrence sugar. Then add other ingredients as given. Mix soft and drop from a spoon. These will keep a long time.

GINGER COOKIES

- | | |
|--------------------------------------|--------------------------------|
| 1 beaten egg. | 1 teaspoon cloves. |
| $\frac{2}{3}$ cup shortening. | 1 teaspoon cinnamon. |
| 1 cup St. Lawrence dark brown sugar. | $\frac{1}{2}$ teaspoon nutmeg. |
| 1 cup molasses. | 2 teaspoons soda. |
| 1 tablespoon ginger. | 5 teacups flour. |
| | 1 cup raisins (if desired). |

Drop on well-greased pans, allowing plenty of room between cookies. Bake in a quick oven.

GINGER COOKIES

- | | |
|---------------------------------|----------------------|
| 1 cup St. Lawrence brown sugar. | 2 teaspoons soda. |
| 1 cup butter. | 1 teaspoon ginger. |
| 1 cup molasses. | 1 teaspoon cinnamon. |
| 4 tablespoons hot water. | Flour to make stiff. |
| Roll and cut. | |

GINGER COOKIES

- | | |
|---|-----------------------------------|
| $\frac{1}{2}$ cup molasses. | 1 heaping teaspoon ground ginger. |
| $\frac{1}{2}$ cup St. Lawrence sugar. | Flour to roll out thin. |
| $\frac{1}{2}$ cup melted butter. | |
| $\frac{1}{2}$ teaspoon soda in $\frac{1}{2}$ cup boiling water. | |

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - - Wauwat 2563

If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.



GINGER COOKIES

- | | |
|---------------------------------|--|
| 1 cup molasses. | 1 teaspoon soda. |
| 2 tablespoons milk or
water. | $\frac{1}{2}$ cup butter. |
| 1 tablespoon ginger. | Flour to mix as soft as can
be handled. |
- Shape size of hickory nuts. Spread far apart.

GINGER SNAPS

- | | |
|-------------------|--|
| 1 cup molasses. | $\frac{1}{2}$ cup St. Lawrence white
sugar. |
| 1 cup shortening. | |

Put on stove and cook until boiling point is reached. Remove from stove and cool. Add one tablespoon ginger, one teaspoon soda dissolved in one tablespoon cold water. Add pinch salt and flour to roll.

GINGER SNAPS

- | | |
|--------------------------------------|--------------------------|
| 1 pint syrup. | 1 large tablespoon soda. |
| 2 coffee cups St. Lawrence
sugar. | 1 tablespoon ginger. |
| 1 coffee cup butter. | 1 tablespoon cinnamon. |
| 1 coffee cup lard. | 3 pints flour. |

Rub together syrup, St. Lawrence sugar, butter, lard and seasonings. Put in a pan and let come just to a boil—then sprinkle in the soda. While warm, stir in about 3 pints of flour. Roll out thin. Cut into shapes and bake in not too hot an oven.

CRULLERS

- | | |
|----------------------------|----------------------------------|
| 3 cups flour. | 1 tablespoon melted but-
ter. |
| 6 teaspoons baking powder. | |
| 1 cup St. Lawrence sugar. | 2 eggs. |
| 1 nutmeg. | 1 cup milk. |

Mix baking powder, St. Lawrence sugar and nutmeg in flour, sifted. Add melted butter and mix with milk as bread dough. A little more flour may be needed. Cut in rings and fry in boiling lard.

GOODYEAR TIRES & TUBES—GASOLINE, OILS & GREASES
5805 SHERBROOKE STREET WEST, corner MELROSE

When you want the best always use
"BENSON'S CORN STARCH", the standard of quality



CRULLERS

2 teaspoons baking powder. 3 eggs.
2 cups flour. Enough milk to mix.
 $\frac{1}{2}$ cup butter.

Fry in deep fat.

DROP DOUGHNUTS

1 cup St. Lawrence brown sugar. A little nutmeg and salt.
3 eggs. 3 teaspoons baking powder.
1 pint milk. Flour to thicken.

Drop in hot lard.

EXCELLENT DOUGHNUTS

$1\frac{1}{2}$ cups St. Lawrence brown sugar. 1 cup milk.
 $2\frac{1}{2}$ tablespoons butter. 4 level teaspoons Royal
(exact measure). baking powder.
4 eggs. Flour.

Take $\frac{3}{4}$ cup of light brown St. Lawrence sugar and cream with butter. Beat eggs well and add $\frac{3}{4}$ cup St. Lawrence brown sugar. Mix the two lots together, then add milk, baking powder and enough flour to make into shapes. Fry in deep lard, then sprinkle with St. Lawrence pulverized sugar.

DOUGHNUTS

2 eggs. 3 to 4 cups flour.
1 cup St. Lawrence sugar. 1 teaspoon salt.
1 cup cold mashed potatoes. 1 teaspoon soda.
2 teaspoons cream of tartar. 1 cup milk.
or 3 teaspoons baking powder. 3 tablespoons melted butter
or shortening.

Fry in deep lard. Will keep a long time.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



For Salads and Mayonnaise dressings always use
"MAZOLA", the Salad and Cooking Oil.

CREAM WAFERS

Mix and sift one and one-half cups pastry flour and one teaspoon salt. Add gradually heavy cream to make a dough, a scant half-cup being required. Toss on slightly floured board and knead until smooth. Roll thin as possible. Prick with fork and shape with round or fancy cutter, first dipped in flour. Place on buttered sheet and bake in moderate oven until delicately browned. Serve with salad course, or as an accompaniment to five o'clock tea.

LADY FINGERS

1 egg.	1 pint flour.
1 cup St. Lawrence sugar.	2 teaspoons baking powder.
$\frac{1}{2}$ cup butter.	1 teaspoon vanilla.
$\frac{1}{4}$ cup milk.	

Beat egg, butter and St. Lawrence sugar until very light. Mix flour with baking powder and add to first mixture. Cut into little strips and roll in sugar. Bake in quick oven.

CHEESE STRAWS

$\frac{1}{4}$ lb. puff paste.	A little salt.
$\frac{1}{4}$ oz. grated cheese.	

Sprinkle cheese on paste, roll two or three times, cut in narrow strips and bake in slow oven.

FRAUDS

Line gem pans with a rich pie crust. Fill in with a tablespoon of jam. Cover with plain sponge cake batter. Bake 20 minutes. Frost when cold.

KISSES

Whites of 2 eggs.	2 dessertspoons vinegar.
1 cup St. Lawrence granulated sugar.	$\frac{1}{2}$ cup cocoanut.

Stir eggs, St. Lawrence sugar and vinegar for $\frac{1}{2}$ hour. Add cocoanut. Line a tin with brown paper and drop kisses on with a space between. Bake in a very slow oven until they can be lifted with a knife.

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CORN FLAKE MACAROONS

$\frac{1}{2}$ cup St. Lawrence sugar. 1 teaspoon butter.
1 egg (beaten). 2 large cups corn flakes.
1 cup shredded cocoanut. Flavor with vanilla.

BETTY MACAROONS

1 lb. dessicated cocoanut. 1 can Betty's Condensed Milk.

Mix thoroughly and drop on oiled paper or greased pan in teaspoonfuls. Bake in slow oven until brown.

CRISP ROLLED OAT MACAROONS

Beat well 1 egg, 2 tablespoons St. Lawrence sugar, $\frac{1}{2}$ tablespoon shortening and 1 teaspoon almond flavoring. Add 1 cup rolled oats, 1 level teaspoon Egg-o Baking Powder. Stiffen quite stiff with whole wheat flour, drop teaspoonful 1 inch apart. Bake in slow oven.

WALNUT DECEITS

Work a ten cent cream cheese until smooth, add one-fourth cup olives chopped, one-half teaspoon salt, and a few grains of paprika or cayenne pepper. Shape in balls, roll in sifted cracker crumbs, flatten, and place halves English walnuts opposite each other on each piece. Olives may be omitted and unsalted nuts used.

MACAROONS

3 cups corn flakes. $\frac{1}{2}$ cup chopped walnuts.
1 cup St. Lawrence icing $\frac{1}{2}$ teaspoon vanilla.
sugar. Whites of 3 eggs, beaten
 $\frac{1}{2}$ cup shredded cocoanut. stiff.
Drop on well-buttered pan.

CHEESE SALTINES

For afternoon tea, instead of sandwiches—chop finely a small bottle of olives and mix with any good cream cheese. Spread on saltine crackers and serve.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



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ALMOND WAFERS ROLLED

- | | |
|---------------------------------------|---|
| $\frac{1}{4}$ cup butter. | $\frac{1}{3}$ cup finely chopped almonds. |
| $\frac{1}{2}$ cup St. Lawrence sugar. | |
| $\frac{1}{4}$ cup milk. | $\frac{1}{4}$ teaspoon almond flavoring. |
| $\frac{1}{4}$ cup flour. | |

Cream butter, add St. Lawrence sugar and milk gradually, then add flour and flavoring. Spread very thinly with a spatula on a buttered baking sheet. Sprinkle lightly with chopped almonds. Divide or cut with knife into three-inch squares. Bake in a slow oven until delicate brown. Cut squares apart with sharp knife, and, while warm, roll into tubular shape, so that the almonds will be on the outside.

MARGUERITES

- | | |
|---------------------------------|--|
| 1 cup St. Lawrence brown sugar. | Little salt |
| 2 eggs, beaten slightly. | $\frac{1}{4}$ teaspoonful baking powder. |
| $\frac{1}{2}$ cup flour. | 1 cup broken pecan nut meats. |

Drop in buttered tins, and put one whole pecan nut meat on top of each. Bake 10 or 15 minutes in a slow oven.

SANDWICH FILLING

Mix Chili cheese with walnuts and mayonnaise dressing.

MARSHMALLOW TEAS

Arrange marshmallows on thin unsweetened round wafer crackers, allowing one marshmallow to each cracker. Make a deep impression in centre of each marshmallow and in each cavity drop one-fourth teaspoon butter. Arrange on baking sheet and bake until marshmallows spread and nearly cover crackers. Insert one-half a candied cherry in each cavity and arrange on plate covered with a doily.

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JELLY JUMBLES

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup sour milk.
1 cup St. Lawrence sugar.	$\frac{1}{4}$ teaspoon salt.
1 egg.	Flour.
$\frac{1}{2}$ teaspoon soda.	Currant jelly.

Cream the butter, add St. Lawrence sugar gradually, egg well beaten, soda mixed with milk, salt and flour to make soft dough. Chill and shape, using a round cutter. On the centres of one-half the pieces put jelly. Make three openings in remaining halves, using a thimble—or, if preferred, make one opening in centre by using doughnut cutter. Put pieces with opening in over pieces with jelly on, and press edges slightly. It is better to only put a small spoonful of jelly or jam on under piece, so that it will not run. Bake in rather hot oven that jumbles may keep in good shape.

CREAM PUFFS

1 cup boiling water.	3 eggs.
$\frac{1}{2}$ cup butter.	1 cup flour.

Put butter and water in saucepan on stove. When boiling point is reached, add flour all at once and beat vigorously. Remove from fire and add unbeaten eggs, one at a time, beating until thoroughly mixed between the addition of eggs. Drop by spoonfuls on buttered sheet one and one-half inches apart, shaping as nearly circular as possible, having mixture slightly piled in centre. Bake 30 minutes in moderate oven. With a sharp knife, make a cut in each large enough to admit of cream filling.

This recipe makes about eighteen small cakes. If cakes are removed from oven before thoroughly cooked, they will fall. If in doubt, take one from oven, and if it does not fall, this is sufficient proof that others are cooked.

A cream filling flavored with lemon or vanilla may be used, or a chocolate or coffee cream filling. These cases may also be used for oyster patties.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



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CREAM FILLING

- | | |
|--------------------------------------|----------------------|
| 1½ cups milk. | 1 tablespoon butter. |
| 3 tablespoons St. Lawrence
sugar. | ¼ teaspoon salt. |
| 2 tablespoons corn starch. | 1 teaspoon vanilla. |
| 2 tablespoons flour. | 1 egg. |

Mix flour, corn starch and St. Lawrence sugar, add to the well beaten egg. Pour on the milk heated to a scald. Return to double boiler and cook until thick, add extract, let cool and fill cream puffs.



GOODYEAR TIRES & TUBES—GASOLINE, OIL & GREASES
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Icings

ICING

"To a large measure of conventional good breeding, add the sugar of friendliness; flavor with the extract of charm; beat well together.

"This will add distinction to the company cake, attraction to the home cake, and make sweeter each sweet morsel."

MOCHA ICING

1 cup St. Lawrence icing 2 teaspoons dry cocoa.
sugar. 1 teaspoon vanilla.

Small piece of butter.

Mix together and moisten with cold strong coffee to a paste.

WHITE MOCHA ICING

1 cup St. Lawrence icing $\frac{1}{4}$ lb. blanched almonds,
sugar. browned in the oven
1 dessertspoonful of butter. and rolled fine.

Mix the St. Lawrence sugar and butter and thin with milk or cream. Spread the icing on cake and cover with the rolled almonds.

BUTTER ICING

8 tablespoons St. Lawrence 1 teaspoon vanilla.
icing sugar. Enough boiling water to
1 tablespoon butter. make a paste.

CARAMEL ICING

1 cup St. Lawrence sugar. 1 teaspoon butter.
 $\frac{1}{4}$ cup milk.

Boiled together until thick. Add vanilla and beat till cool enough to spread.

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ORANGE ICING

Juice and rind of 1 orange. Small piece butter.
1 cup St. Lawrence icing sugar.

IMITATION ALMOND ICING

Take a medium sized potato and bake until just soft (be sure it is floury). Remove the skin, mash centre and stir in yolk of an egg. Into this stir as much pulverized St. Lawrence sugar as will make it right consistency for spreading. Flavor with almond extract quite strongly. An excellent icing.

BITTER SWEET ICING

Small piece butter.	Vanilla to taste.
St. Lawrence pulverized sugar.	2 squares Baker's unsweetened Chocolate.
Milk or cream.	

Mix butter and a little St. Lawrence sugar. Add milk and more St. Lawrence sugar till thick enough to spread on cake. Add vanilla and spread. Melt chocolate on a saucer over boiling water. Spread over top of white icing already on cake.

MOCK MARZIPAN

Mash one-half boiled potato. When cold, add sufficient icing sugar to make required consistency. Then add few drops almond essence.

BUTTERMILK FROSTING.

Boil three-quarters cup buttermilk with three-quarters cup St. Lawrence sugar until it forms a soft ball. Remove from fire and beat until of right consistency to spread.

CARAMEL ICING

Cook together $2\frac{1}{2}$ cups light St. Lawrence brown sugar, $\frac{3}{4}$ cup Carnation milk and $\frac{1}{4}$ cup water. Cook to soft ball stage, add 1 tablespoonful butter, and beat until right consistency to spread on cake.

GOODYEAR TIRES & TUBES—GASOLINE, OIL & GREASES
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When you want the best always use
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Confections

STUFFED DATES

"Pick over your dates, and, separating those of disaster, disappointment and any you find annoying, throw them out of your memory. Take the others which commemorate great deliverances, special joys, the birth of a friendship, etc., and stuff them well with gratitude. You will find them not only delicious but extremely nourishing when your faith seems weak."

*"We give thanks that there
are many days in our lives so bright that
we do not have to strain our
eyes to see the blessings
which they bring."*

MAPLE CREAM

2 lbs. maple sugar.
2 cups milk.

Small lump butter (about
tablespoonful).

Boil until it forms a *very soft* ball when dropped in cold water. Let stand for 10 or 15 minutes (until partly cool), beat, and, when nearly ready to turn out, add 2 tablespoons marshmallow cream. Beat again.

FUDGE

3 cups St. Lawrence brown
sugar.

3 squares chocolate, or 3
teaspoons Fry's cocoa.

1 tablespoon butter.

Chopped nuts.

$\frac{1}{4}$ cup molasses, or without
molasses by putting an
extra cup St. Lawrence
sugar.

$\frac{3}{4}$ cup milk.

Vanilla.

Boil over a slow fire until it forms a soft ball in cold water. Remove from fire and whip until cool.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - Walnut 2563



For Salads and Mayonnaise dressings always use
"MAZOLA", the Salad and Cooking Oil.

GLACE NUTS

1 cup St. Lawrence gra-
nulated sugar. $\frac{1}{3}$ cup water.
 $\frac{1}{2}$ lb. walnuts. Pinch of cream of tartar.

Boil St. Lawrence sugar, water and cream of tartar until straw color, dip nuts one by one into syrup and place on buttered plates. When set, remove and let harden.

PEANUT CANDY

To every half pint of peanuts, shelled and blanched use one cup each of molasses and St. Lawrence sugar. Boil molasses and St. Lawrence sugar together until it becomes brittle when dropped into cold water. Pour into buttered pan, and, with a sharp knife, mark off into sticks before it cools.

BUTTER TAFFY

1 cup St. Lawrence sugar. $1\frac{1}{2}$ tablespoons vinegar.
 $\frac{1}{2}$ cup cold water. Butter size of an egg.
1 tablespoon molasses.

Boil about 20 minutes.

WHITE FONDANT

$2\frac{1}{2}$ lbs. St. Lawrence gra-
nulated sugar. $1\frac{1}{2}$ cups hot water.
 $1\frac{1}{4}$ teaspoons cream of tar-
tar.

Put ingredients into a smooth granite saucepan, stir, place on range and heat gradually to boiling point. Boil without stirring until when tied in cold water a soft ball may be formed that will just keep in shape. As St. Lawrence sugar adheres to sides of pan, wash down with hand dipped in cold water. Pour mixture on a slightly oiled slab to cool, work with a wooden spatula until creamy and white; when it begins to lump, work with hands until perfectly smooth.

GOODYEAR TIRES & TUBES—GASOLINE, OIL & GREASES
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For delicious desserts always use "EDWARDSBURG CROWN BRAND CORN SYRUP". It is easily digested.



WHITE AND CHOCOLATE FUDGE

3 cups white St. Lawrence	4 marshmallows.
sugar.	2 heaping tablespoons
1 cup milk.	cocoa.
Piece of butter, size of egg.	Vanilla to flavor.

Take $\frac{1}{2}$ of St. Lawrence sugar, milk and butter and cook until it forms a soft ball when dropped into cold water. Let it boil very slowly while cooking, as this makes candy smooth, and keeps it from getting grainy; don't stir it much. When it is cooked, beat it until it is stiff. The marshmallows should be dropped in while beating.

If nuts or cocoanut are added, drop them in just before the candy is poured in the pan to harden; add vanilla last, so that it will retain the flavor.

Then cook the remaining ingredients just as the other was cooked and pour in on top of white fudge. The whole recipe put together makes plain chocolate fudge, and should be boiled 15 minutes.

BUTTER SCOTCH

To one cup brown St. Lawrence sugar add a little less than half cup cold water, butter, the size of an egg, teaspoonful of vinegar. After mixture commences to boil, avoid stirring; boil until it threads. Pour into buttered pans. When cooling, mark into squares.

DAVID HARUM

2 lbs. brown St. Lawrence	$\frac{1}{2}$ cup nuts.
sugar.	$\frac{1}{2}$ cup raisins.
1 cup milk.	1 teaspoon vanilla.
Butter, size of an egg.	

Mix well before putting on the fire, the St. Lawrence sugar, milk and butter; boil until it threads; remove from fire, and add nuts, raisins and vanilla. Beat until thick.

EXPERT TIRE SERVICE—ALEMITING
STOCK'S SERVICE STATION - - - - Walnut 2563



If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

PRALINE CREAM CANDY

Mix together 2 cups St. Lawrence sugar, $\frac{1}{4}$ teaspoonful cream of tartar, 1 cup Carnation milk, $\frac{1}{2}$ cup water, and 1 cup maple syrup. Place over fire and stir until St. Lawrence sugar is dissolved. Boil to the soft ball stage, remove, and add 2 cups pecan meats. Cool quickly, then beat until creamy and drop from a teaspoon onto paraffine paper.

PEANUT BRITTLE

2 cups St. Lawrence granu- $\frac{1}{2}$ cup peanuts.
luted sugar.

Melt the sugar in a pan over a slow fire. Add the nuts, chopped; and turn at once on to a buttered platter and pull into thin pieces, lifting it with a knife. Must work quickly and constantly.

WHITE WALNUT FUDGE

4 cups brown St. Lawrence
sugar.
 $\frac{1}{2}$ cup hot water.

Stir frequently. Boil till forms soft ball stage when dropped in cold water. Take from fire, add vanilla flavoring, let stand till cool, and beat till creamy, first adding chopped walnuts. Be careful not to boil too long.

MARSHMALLOWS

$\frac{1}{2}$ box gelatine.	Few grains of salt.
1 pint St. Lawrence granulated sugar.	Flavoring to taste.

Soak the gelatine in 10 tablespoons cold water till dissolved. Add gelatine to a syrup made of St. Lawrence sugar and a little water and let stand till almost cold; add salt and flavoring. Beat with a whip until too stiff, then, with a large spoon, until soft enough to settle into a sheet. Dust granite pans quickly with Confectioners' sugar, pour in the candy about $\frac{1}{2}$ -inch deep, and set in a cool place until thoroughly chilled. Turn out and cut in squares and roll in Confectioners' sugar. This will make about 100 marshmallows.

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TURKISH DELIGHT

1 oz. sheet gelatine dissolved in $\frac{1}{2}$ cup cold water for 2 hours.

1 lb. St. Lawrence white sugar dissolved in $\frac{1}{2}$ cup cold water.

Let St. Lawrence sugar and water come to a boil, add gelatine, and boil for 20 minutes. Add juice and grated rind of 1 orange, the juice of 1 lemon, 1 cup chopped nuts, and pour into a shallow tin that has been previously wet with cold water. Let set firmly, cut in squares and roll in pulverized St. Lawrence sugar as you want them. Do not do all at once, unless required, as they get soft.

CHOCOLATE CREAM CANDY

2 cups St. Lawrence sugar. 2 squares chocolate.

$\frac{2}{3}$ cup milk. 1 teaspoon vanilla.

1 tablespoon butter.

Melt butter, add St. Lawrence sugar and milk. Heat to boiling point. Then add chocolate and stir constantly until chocolate is melted. Boil 13 minutes. Remove from fire and add vanilla. Beat until creamy and pour into buttered pan.

COCOANUT CANDY

2 cups white St. Lawrence $\frac{1}{2}$ cup milk.

sugar. 1 cup cocoanut.

Boil about 20 minutes; beat and pour on a flat dish—cut in squares.

MOCHA FUDGE

2 cups St. Lawrence sugar. 5 teaspoons coffee, medium

1 scant tablespoon flour. strength.

1 heaping tablespoon 1 cup milk.

cocoa. 1 teaspoon vanilla.

Mix all together and boil till it forms a very soft ball when dropped in water. Stir often to prevent scorching. When done, remove from fire and set in dish of cold water a few minutes, then add vanilla and beat until thickness of ordinary fudge. Pour on to a buttered plate and cut.

EXPERT TIRE SERVICE—ALEMITING
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For Salada and Mayonnaise dressings always use
"MAZOLA", the Salad and Cooking Oil.

DIVINITY FUDGE

2½ cups St. Lawrence Whites of 2 eggs.
granulated sugar. ½ cup water.
½ cup corn syrup. Chopped nuts.

Boil St. Lawrence sugar, syrup and water together till a single drop forms into a soft ball in cold water. Pour this over the well-beaten whites of eggs, beat with an egg beater till quite stiff, then with a spoon till stiff (but not too stiff). Add cut-up nuts and pour into a greased pan. Cut in squares before it gets too hard. Care must be taken to beat constantly while pouring the boiling syrup on the egg whites.

SEA FOAM

2 cups St. Lawrence White of 1 egg.
brown sugar. Pinch of salt.
½ cup water.

Boil St. Lawrence sugar and water till it forms a soft ball in cold water. Pour the syrup very slowly over the egg white beaten very stiff, and beat until pretty stiff. Drop on greased plate from a teaspoon. Chopped nuts may be added if desired.

QUICK AFTER-DINNER MINTS

Add to the white of an egg a sprinkling of salt, a few drops oil of peppermint, and sufficient icing St. Lawrence sugar to make a stiff dough. Roll in a little corn starch and cut with knife or scissors in desired shape. The egg and icing St. Lawrence sugar combined is known as "un-cooked fondant," and is the basis of many quickly made confections.

MAPLE CREAM

2 lbs. brown St. Lawrence 1 tablespoon butter, if milk
or maple sugar. is used.
1 pint milk or cream.

Boil until it holds together when dropped in cold water. Add chopped walnuts and stir opposite way until it forms into cream.

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Invalid Dishes

Boil and mash 1 potato. Mix with a little butter and salt. Fix on saucer, leaving a hole in the centre, into which drop the yolk of an egg. Beat up the white (with a pinch of salt) stiff, and cover yolk and potato. Dust with pepper, if desired. Bake in a moderate oven until white of egg begins to brown. Serve immediately.

BARLEY GRUEL

2 teaspoons Robinson's Patent Barley mixed with $\frac{1}{2}$ cup water. Bring to boil, and boil slowly for 15 minutes. Add salt and St. Lawrence sugar to taste. Thin with milk to desired consistency.

BEEF TEA

$\frac{1}{4}$ lb. lean beef. 1 breakfast cupful of water.
A pinch of salt.

Scrape and cut meat into small pieces. Put in a pot with water and salt. Press against sides of pot with wooden spoon till just boiling. Strain off juice and serve neatly with dry toast.

BEEF TEA

$\frac{1}{4}$ lb. lean beef. 1 breakfast cupful of water.
A pinch of salt.

Scrape and cut meat into small pieces. Put in a jar with water and salt. Stir for 5 minutes, then cover and steam $1\frac{1}{2}$ or 2 hours. Strain and serve with toast.

EGG DRINK

1 egg. 1 breakfast cupful milk.
1 teaspoonful St. Lawrence sugar.

Beat egg and St. Lawrence sugar well. Boil milk and pour over egg, beating all the time. Serve at once.

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If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

PREPARED ARROWROOT

- | | |
|-------------------------------|-----------------------------------|
| 1 dessertspoonful arrow-root. | 1 teaspoonful St. Lawrence sugar. |
| 1 breakfast cupful milk. | |

Dissolve arrowroot with 1 tablespoonful of the milk, boil rest of milk and pour over arrowroot, stirring all the time. Add St. Lawrence sugar and serve.

GRUEL

- | | |
|--------------------------|-----------------------|
| 1 tablespoonful oatmeal. | 1 pint boiling water. |
| A little cold water. | 1 teaspoonful butter. |

Pour oatmeal into a basin, moisten with cold water, pour over boiling water, stirring all the time. Let it settle and pour liquid into pot. Boil 10 minutes; add butter and St. Lawrence sugar to taste. Serve very hot.

MUTTON BROTH

- | | |
|-------------------------|---------------------|
| 1 lb. lean mutton. | 1 teaspoonful salt. |
| 1 tablespoonful barley. | 2 pints cold water. |

Cut mutton in small pieces, scald barley. Put them into a pot with salt and water, boil slowly for 2 hours, then strain and add salt to flavor. Serve hot.

TOAST-WATER

Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add St. Lawrence sugar.

RICE-WATER

Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold.

EGG-WATER

Stir whites of two eggs into half a pint of ice-water without beating; add enough salt or sugar to make palatable.

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BARLEY-WATER

Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

STERILIZED MILK

Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding.) Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

MILK AND EGG

Beat milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

BAKED FLOUR PORRIDGE

Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

JUNKET

Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curdled; serve plain or with sugar and grated nutmeg.

EGG LEMONADE

Beat one egg with one tablespoon St. Lawrence sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

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EGG-NOG

Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with fork in a tumbler with some sugar; beat to a froth, and fill up tumbler with scalded milk.

HOT MILK AND EGG

Pour into one beaten egg one cup hot milk and continue beating as it is poured in. Season with salt and pepper, or, if preferred, sweeten with St. Lawrence sugar and vanilla, or nutmeg.



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Drinks

LEMONADE

"Dilute the acid of an unexpected rebuff with a refreshing stream of independence; sweeten with humor cool with indifference to ridicule and drink with gaiety."

ORANGEADE

Skins of 5 or 6 oranges put through mincer. 5 lb. St. Lawrence granulated sugar.
2 oz. tartaric acid. 2 qts. hot water.
Let stand over low heat for $\frac{1}{2}$ hour, strain and seal.

BLACK CURRANT CORDIAL

To 6 or 8 lbs. crushed currants add one pint of vinegar and one pint of water.

Allow it to stand for a day or two, then add one quart of water and boil 15 minutes. Strain. To each pint of liquid add 1 lb. St. Lawrence sugar. Bottle, and cork when cool.

GRAPE JUICE

Stem, wash, ripe grapes, cover with boiling water. Cook about ten minutes. Strain. To each three quarts juice add one and one-half cups St. Lawrence granulated sugar. After St. Lawrence sugar dissolves, boil four minutes. Bottle or put up in cans and seal tight.

SODA WATER

3 cups St. Lawrence sugar 1 oz. tartaric acid.
1 pint boiling water. White 1 egg.
2 tablespoons vanilla.

Boil St. Lawrence sugar and water $\frac{1}{2}$ hour. When cold, add vanilla, acid and white of egg, slightly beaten.

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If you prefer a thicker and somewhat sweeter Syrup, use "BENSON'S GOLDEN SYRUP". It is delicious.

RASPBERRY VINEGAR

Hardly cover the berries with vinegar, let stand one night, then press through a colander and strain through a cloth. For every pint of juice add a pound of St. Lawrence sugar. Boil half an hour and bottle while hot.

GRAPE CORDIAL

Take 20 lbs. Concord grapes, put them in a granite kettle, crush well, and add 2 qts. water. Put on the fire and let them come to a boil. Strain, then put the juice on again in the kettle, add 1 qt. more water and 6 lbs. St. Lawrence sugar. Let it stand on the stove until the St. Lawrence sugar is dissolved. Strain through a cloth and bottle.



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Marmalade and Jellies

*"It is a blessed thing that we
can stir up a little sweetness for ourselves
when Life neglects to send
it ready-made."*

STRAWBERRY AND RHUBARB MARMALADE

7 lbs. strawberries. 10 lbs. St. Lawrence granu-
5 lbs. rhubarb. lated sugar.

Boil until thick jam, adding one cup water to keep
from burning. Success lies in cooking over slow fire.

CONSERVE

4 cups rhubarb. 1 lemon.
2 cups pineapple. $\frac{1}{3}$ rind, grated.
2 oranges. 7 cups St. Lawrence sugar.

Boil slowly one hour.

PEAR MARMALADE

8 lbs. fruit. 1 lb. preserved ginger.
8 lbs. St. Lawrence sugar. 4 lemons.

Cook lemons in water till soft. Peel and slice pears
very thin, also ginger. Add pears, St. Lawrence sugar and
ginger to $\frac{1}{2}$ pint cold water. Cut lemons in thin slices and
cook all 1 or 2 hours, or till soft.

RHUBARB MARMALADE

4 lbs. rhubarb. 2 lemons.
4 lbs. St. Lawrence sugar. $\frac{3}{4}$ cup walnuts.
3 oranges.

Cut rhubarb, cover with St. Lawrence sugar and let
stand over night. Cut oranges, lemons and walnuts fine,
and boil all three-quarters of an hour.

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CITRON PRESERVES

Cut the citron into dice, boil in water with a piece of alum the size of a hickory-nut, until clear and tender; rinse in cold water.

Make a syrup of $\frac{3}{4}$ lb. of St. Lawrence sugar to 1 lb. of citron; boil a piece of ginger in the syrup, then put citron in and boil a few minutes. Use 1 lemon sliced to 5 lbs. citron.

APPLE JAM

8 lbs. good sound apples, 8 lbs. light brown St. Lawrence sugar.
chopped fine.

Make a good clear syrup of the St. Lawrence sugar and a very little water. Add the chopped apple and the juice and grated rind of 4 lemons, and a few pieces of white ginger. Boil until the apples look clear and yellow. This jam will keep for years, and resembles the foreign preserves.

ORANGE MARMALADE

1 doz. bitter oranges. 12 lbs. white St. Lawrence sugar.
4 sweet oranges.
10 pints water. 2 lemons (juice).

Cut bitter oranges into thin slices without rejecting anything but the pips. Put pips into a jar with two pints water. Slice sweet oranges without skins. Combine oranges and cover with 8 pints of water. Let stand for 36 hours. Add juice and water strained from pips. Boil for $1\frac{1}{2}$ hours, then add St. Lawrence sugar, and boil steadily for half an hour or longer. Test for jelly. When it jellies, add lemon juice and take quickly off fire.

CANNED CORN

12 cups corn cut off cob. 1 cup St. Lawrence sugar.
1 cup salt. 3 cups water.

Cook all together 15 minutes. Pack into hot sterilized jars, being careful to leave no air-spaces. Seal tightly, and turn upside down. When wanted to use, let cold water run through corn, or leave in cold water over night. Let it come to a boil, drain and add milk and seasonings.

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SPICED GRAPES

Separate grapes, boil pulp and remove seeds. Strain them, and put skins, pulp, spices, St. Lawrence sugar and vinegar all together and boil till thick.

$\frac{1}{2}$ gal. vinegar.

Boil $1\frac{1}{2}$ hours.

Boil 3 hours, bottle and cork tight.

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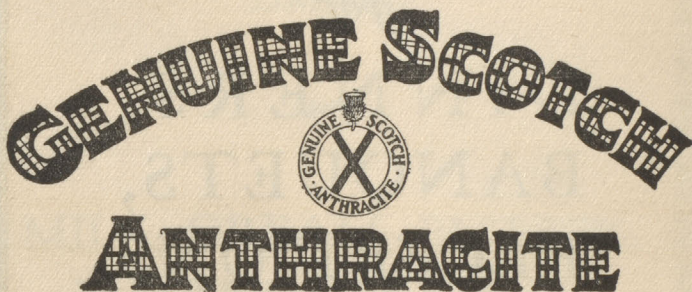
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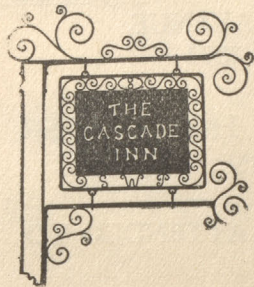
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